

Living In and Surviving
The Dangerous Times

On preservation of the Western rights, freedoms and
quality of life in 21st century and beyond

Second Edition, Enlarged And Improved

by Magen Cherut, Eidikevmenoi Polemistis, Occulta Aspicientis

Jan 1, 2013

Copyright©Magen Cherut, Eidikevmenoi Polemistis, Occulta Aspicientis, 2012-2013

Introduction

I look into the cycles of time
Not very clearly, mind you
I gaze into the future past,
And I see the Brunnen G's doom
But Kai you'll be the last to die
And there is something else that I see
The Shadow's Order will be destroyed
At the hands of the last Brunnen-G

Time Prophet, The Lexx

We are told that our population is aging. The baby boomers are reaching the age of retirement. The governments of the Western countries are replacing us in the workforce with the immigrants. The cost of pension plans is driving outsourcing to the 3^d world countries and our jobs are leaving our shores to never return.

With the immigrants came terrorism, crime and diseases and now we have to give up our freedoms to keep things under control. We not just can no longer own things and enjoy activities that were part of everybody's everyday life a few decades ago – they are now criminalized and the government is throwing us in jail for that.

Our misguided governments armed the muslim countries to the teeth, having enabled renewed holy war against us that was dormant since Christendom defeated the forces of caliphate in the decisive battles throughout 7th-17th centuries.

Majority of people in the West misunderstand islam and underestimate its threat to our civilization as they take for granted the lies about peaceful nature of that doctrine, invented by the left-wing traitors and muslims themselves, seeking to disguise their holy war against us as 'spiritual struggle'.

The aliens are not just coming here to enjoy fruits of our civilization – they are demanding that we change our laws and customs to accommodate their way of life, associated with barbaric practices of murder, corporal punishment, body mutilation, polygamy, noise, theft, robbery, assault and filth.

When we speak out, mass media silences us. Our government ignores us or worse – prosecutes us out of fear to offend the aliens and cause a riot.

Watching how our quality of life and freedoms are going down the drain, the authors got fed up and are not going to take it anymore. The last drop has long ago fallen. Read this book to get an idea where the Western civilization is and what can be done.

Table of Contents

Introduction	iii
Table of Contents	iv
About this book	ix
Who should not read this book	ix
Who is this book for?	ix
Response to our critics	x
About the authors	xiii
I What do we want to preserve and why?	1
1 Foreword	3
2 Measuring the quality of life	5
2.1 Individual happiness and self-fulfillment	5
2.2 Individual rights	7
2.3 Social harmony	9
3 Checks and balances	11
3.1 Acceptable personal risk and responsibility	12
4 What is worth to fight for?	15
4.1 Security of the person	15
4.2 Personal and societal wealth	16
4.3 Accommodations and restrictions	17
II How did we get there?	21
5 Marxism	23
6 V. Lenin's/J. Stalin's socialism and communism	25
6.1 Russian bolshevik turnover of 1917 and failure of Triple Entente	25
6.2 Dictatorship of proletariat	26
6.3 Export of socialism	27

7	Abandonment of capitalism and individual freedoms	29
7.1	Socialist tendencies of Western population	29
7.2	Corporate welfare and subsidies	31
7.3	Foreign aid	32
7.4	Election of the socialist governments	33
7.5	Union terror	35
7.6	Regulatory nightmare	36
7.7	Business exodus	38
7.8	Betrayal	40
	Educators	40
	Mass media	41
	Medical professionals	41
	Bureaucrats	42
	Law enforcement	42
	Short-termers	43
	With friends like that who needs enemies?	43
8	Crony capitalism	45
9	Islam	47
9.1	History of islam and holy war	48
9.2	Alms	51
9.3	Terrorism in islam	52
9.4	Stealth holy war by immigration to the West	54
9.5	Approach to islam	56
10	Niche doctrines	59
10.1	Multiculturalism	59
10.2	Climate alarmism	61
	Mann-made hockey stick	62
	Freezing means death	63
	Carbon footprint	63
	Distraction from pollution	64
10.3	Animal rights movements	66
III	Where are we at present?	69
11	Outsourcing of decision making	71
12	Declining IQ	73
13	Disarmed population	75
13.1	Shortcomings of gun control	76
13.2	United States	78
13.3	Canada	79
13.4	Great Britain	80
13.5	Australia	81
13.6	New Zealand	82

13.7 Worldwide disarming of population	83
13.8 Approach to gun control	84
14 Suppression of liberty	87
15 Out of control immigration	89
16 Video games	93
17 Substance abuse	95
18 Morbidity and reproductive failure	97
18.1 Fluoride	100
18.2 Free processed glutamic acid (MSG)	102
18.3 Sugar substitutes	104
18.4 Vaccination	105
Toxicity of vaccine components	106
Failures of vaccination	107
18.5 Falling male and female fertility	108
Calendar-rhythm method	109
Tubal ligation	110
18.6 Economic conditions adverse to having children	110
19 Summary	115
IV Is there a way out?	117
20 Questions to ask ourselves	119
21 Population growth	121
22 Personal health and physical development	125
23 Involvement in politics	127
24 Review of the attitudes	129
24.1 When it all fails	132
V Methodology of preservation	137
25 Homeschooling and self-education	139
25.1 Writing	140
25.2 Science	140
25.3 Gym class	141
25.4 Computer aids	141
26 Family growth and strengthening	143
26.1 Upbringing of children	145

Girls	146
Boys	148
Spirit and intelligence	148
Physical development	149
26.2 Combating promotion of homosexuality	150
26.3 Combatting pornography	152
27 Exercising the mind	155
27.1 Know your rights	155
27.2 Abandon victimhood	156
27.3 Self-appreciation	158
27.4 Turn the tables	159
Research the methods of the left	160
Conspiracy of the left	161
28 Exercising the body	163
28.1 Physical and mental health	163
28.2 Physical strength, stamina and agility	164
28.3 Martial arts and their relative value	165
Striking styles	165
Grappling styles	166
Sport versus combat	166
Blended styles	166
28.4 Hand to hand combat and melee weapons	167
Hand-to-hand	167
Stick fighting	168
Edged weapons, knives	169
28.5 Shooting sports and tactical shooting	171
Building your arsenal	171
Reloading ammunition	173
Case preparation	175
Sizing	175
Priming	176
Charging	176
Bullet seating	176
Making your own bullets	177
28.6 Concealed carrying	178
29 Explosives and chemical weapons basics	181
29.1 Common explosives	181
29.2 Lab safety	182
29.3 Basic chemicals and lab equipment	183
29.4 Improvised explosives	184
29.5 Chemical weapons	188
30 Hobbies and self-sustaining	191
30.1 Savings and investments	191
30.2 Crafts and repairs in the household	193

30.3 Car repairs	194
30.4 Computer building and repair	194
30.5 Disaster preparedness and survival	196
30.6 Fire	197
30.7 Food	198
30.8 Baking bread	200
30.9 Dressmaking	201
A Recommended reading	203
B Health effects of MSG	205
C Synonyms of MSG	209
D Side effects of the birth control pills	213
D.1 Head and brain	213
D.2 Vision	213
D.3 Cardio-vascular system	213
D.4 Mental state	214
D.5 Whole body	214
D.6 Stomach/Intestines	215
D.7 Pregnancy	215
D.8 Reproductive Organs	216
D.9 Environmental hazards	216
E Mortality statistics	217

About this book

For the very first time in history this book has compiled a wholesome, systemic approach to understanding and addressing the dangerous times we live in. Without itemizing the previously written works on the subject, the authors can assure the reader that they looked at and touched on all aspects of life as it is impacted by changes in the individual liberties, economy, politics, religion, nutrition, health care, education, law enforcement, self-defense and housekeeping.

For the first time in history of humankind the authors compiled a concise guide on the threats that our civilization is facing and offered methodology of preservation. This book will not go into great details on each of the subjects, only touch upon it to give you an idea of what is going on, how that impacts your life, what you should know to do your own research – the keywords that you can punch into the search engines to get more detail. That allowed us to keep this book within 200 pages, yet embrace the whole life of an average family living in a Western democracy in the increasingly dangerous 21st century.

Who should not read this book

You might not want to read this book if you believe that big government exists to provide jobs and security to people; or that all cultures are equal and the Western countries must feel collective guilt for the misdeeds of their ancestors and accommodate each and every culture; that man-made global warming is going to kill us all by drowning in the rising oceans and the only way to save the planet is to use carbon credits, electric cars and biodiesel. If you believe in that or in increasing taxes to send money to the 3^d world, this book is going to hurt your feelings. Put it down and do not read any further. Move to the shelves with the works of Karl Marx, Saul Alinsky, David Suzuki or Al Gore.

Who is this book for?

If you are still reading, then you probably do not believe in those theories or doubt them to a degree. Welcome, you are our reader! Let us get to know each other better. This book was written by those, who got sick and tired of screaming at the TV, radio and newspapers:

You do not speak for me, cowards and traitors!

We also got tired of screaming at the government:

Quit robbing me, cowards and traitors! You manufactured this crisis – do not make me pay for it!

This small book takes revolutionary approach to preservation of Western way of life and Pan-European culture. This approach is based on sober statement of facts, concrete logic and blunt but honest conclusions.

The goal of this book is to supply you with simple, easy to understand and execute recipes for all possible situations in your life. Just kidding! Not for all, of course, but for the most critical situations that may arise in the dangerous times we live in: when global economic recession, topped with the rise of muslim holy war against the Western society, which abandoned the principles it was founded on, are threatening to bring down our civilization as we know it. This book should be a wake up call for those who do not yet appreciate the danger from the open and covert enemies of free Western world, for those who believe that bad things are not going to happen, not in their life time.

What kind of world are you leaving to the next generations? Will that be the world where Americans, Canadians, French, English, Germans, Spanish etc. will be stoned, stabbed, blown up and shot by the muslims in our own countries? Or will we convince the governments to pull the plug on muslim immigration and deport those who are already here? Will we succeed in stripping free speech protection from islam, that it enjoys as long as it is considered a religion? Or will islam dominate the Western world as mandated in the quran and replace democratic governments with caliphate? Will free market economy with its wealth and growth be replaced with planned socialist economy with its chronic product and service shortage, famine, corruption and inefficiency?

The authors will try to teach you thrift and savings, taking care of your health, being politically active, defending your life and freedom and cultivating the feelings of independence, happiness and self-fulfillment.

Much of material that awaits you below will be contrary to what you were told in school, college and university. A lot of that will likely be contrary to what you read, saw or heard from mass media (depending on what you usually read, of course).

If you are just a hard working individual, trying to make the ends meet the needs and growing concerned about your future and that of your family when you hear the news, then you probably should read this book or at least some chapters. If you are politically active fiscal and social conservative, libertarian, believer in small government and individual rights, you probably already know great deal of what is in this book. In that case you can just scan the contents and read a few chapters.

If this is not going to be an eye-opener, noting probably will.

Response to our critics

The views expressed in this book are considered ultra-right wing, radical and extreme by not only mainstream media and the left-wing establishment, but by the center and so-called right wing or conservatives.

Expressing such views is taboo and doing so attracts harsh critique and other adverse reaction from all colors of political and social spectrum. The critics of this book will throw accusations of bigotry and racism at the authors. They will accuse the authors of hate speech and demand apologies and prosecution. The muslims will riot and rage and demand death of the authors by way of beheading.

Complicit and treasonous law enforcement will go out of their way to expose the authors' true identities and leak them to the muslim mobs. The authors have seen that happening with our own eyes every time someone dared to speak against our enemies and the actions they have taken against the West. In the chapters below you will read about zakaat and understand the motivation of our detractors.

Readers should learn to distinguish two kinds of speech. One is philosophical speech, based on facts and cemented with logic, void of strong feelings about the subject. This is what this book is about – impartial re-telling of facts, research and logical conclusions. The other kind of speech is characterization of things, people or their real or perceived thoughts based on emotions. This is what critique of this book will sound like. The views expressed in this book will be characterized as bigotry, racist filth,

reprehensible, appalling remarks etc. Everyone who will use those or similar terms to describe this book, will be doing that for two purposes: to silence the authors and to dissuade you from reading. You will understand that there is a sharp contrast between the discussion of the facts and their connection with your own life in this book and characterization of the presentation by the critics. The authors anticipate and welcome constructive critique and debate on the issues and invite the corrections, ideas and alternative views. What we denounce is silencing by characterization.

Characterization should not be used for critique, as it simply substitutes debate with a verdict. Example: if you saw someone reading a book and decided to find out if it would be interesting for you to read, you would have probably asked someone what they thought about the book. And if they answered that the book was good or bad, you should not have accepted that for the answer, because that would constitute characterization and not description. A proper description that you should take for an answer would have been something along the lines “This is a book about fishing, it tells you how to catch tuna” or “This book contains statistical data on malaria-carrying mosquito in Asia”.

Characterization speech that the left calls judgmental is what is known as ‘talk is cheap’. Characterizing does not require knowledge of facts – anyone can characterize just about anything. This is why the authors are in our rights to summarily dismiss all characterizations of our work ahead of time. When someone characterizes something that is only an expression of their feelings, nothing more.

There will be sharp critique of this book as soon as it will be published from all sides of political spectrum. The left will decry it as racist and bigoted filth. The right will probably follow suit as most of them are just the opportunist sheep in wolf clothes. There will be cries of libel from all elements of society. The businesses named here and many politicians will most likely sue. Let them cringe – the goal of this is to expose corruption of our society, bring the traitors to the spotlight and show you the ways to undo the damage they have done to Western civilization in general and to you in particular.

They will tell you that the authors do not know what they are writing about. On the contrary, having lived in more than one society on different sides of the Atlantic and Pacific oceans, the authors have seen life from many more different angles than our future critics. The authors understand that our prospects are grim and there is very little chance the things might improve. But it is worth to at least give it a try. Worst case scenario, we can always die fighting instead of living on our knees.

About the authors

The authors came to know each other over the last few decades of researching economy, politics, warfare, health, nutrition and many more areas of modern life of Western civilization.

Magen Cherut is Hebrew for Defender of Freedom. This is an innuendo in itself for those who are intelligent enough to understand the meaning of it.

Eidikevmenoi Polemistis is Greek for Skilled Warrior, which describes the authors.

Occulta Aspicientis, Latin for Hidden Observer describes the way the authors researched and collected information for this book.

These aliases have nothing in common with our place of birth or residence, nationality, religious affiliation or anything else. We are publishing this book under aliases as doing so openly would lead to our sure expedient death and deaths of our families. We are going to unveil so much lies, conspiracy and fraud, committed against Western civilization, that trillions of dollars, careers of powerful business people and politicians and they very freedom and lives are at stake. Those who deal with hundreds of billions of dollars a year would not hesitate to end our lives.

Common ideals of supremacy of individual freedoms and prosperity, common concern for survival of Western civilization, cemented our friendship and fueled the inspiration to stop degradation of quality of life in our countries.

This work is culmination of our international cooperation in research and information sharing.

The authors do not want anyone to know their identity. Although monetary value of information in this book, calculated as total cost of life improving and money- and life-saving tips for entire Western population is hundreds of billions of dollars, we did not want to write it for profit or compensation. The author's motivation was different, although selfish: to wake up the readers, bring their attention to the looming disaster and try to mobilize as many as possible to form opposition to the process of Western civilization going down in a hand basket.

When this book will hit the Internet in electronic form, there will be bogus claims of copyright and false authors will appear all over the world. You will know they are false, as the true authors have made a commitment to never reveal themselves, partly due to security concerns, but mostly in order to prove our completely independent thinking and altruistic motivation. No one have paid us for writing this book – not a penny. We volunteered time and wrote it for you, the reader, as a last straw attempt to correct the course of our civilization towards disaster that would cost billions of lives if we allow it to continue.

This is our public service, dear readers. We told you the facts. Now it is up to you to do your own research and act!

Part I

What do we want to preserve and why?

Chapter 1

Foreword

When we recollect the complete armor of the Roman soldiers, their discipline, exercises, evolutions, fortified camps, and military engines, it appears a just matter of surprise, how the naked and unassisted valor of the barbarians could dare to encounter, in the field, the strength of the legions, and the various troops of the auxiliaries, which seconded their operations. The contest was too unequal, till the introduction of luxury had enervated the vigor, and a spirit of disobedience and sedition had relaxed the discipline, of the Roman armies.

History Of The Decline And Fall Of The Roman Empire, Edward Gibbon, 1782

To put it bluntly, our situation is bad, very bad. It is worse than you ever thought. We lived in relative peace since the 2nd World War. We got used to peaceful life and all the nice things it provided.

We do not yet understand that war is upon us whether we want it or not.

People get used to the good things rather quickly. When kids, we do not like listening to the stories from the days when our parents were kids – we are too busy with our own lives and dismiss that as grumbling or senile nonsense. The life of the next generation is much more comfortable thanks to the efforts the previous generation has put. When we take for granted good roads, high speed internet, 3G wireless, digital hi-res television, 3-4 GHz computers with 4TB hard drives and dozen or more GB of memory, medications for almost every sickness and surgeries that leave no scars, air conditioned homes free from bugs and rodents, reliable supply of natural gas and electricity, cars with power everything, GPS, smartphones, Internet search engines that know everything, online payments, tropical fruits all year round and most important – freedom and safety, we do not think all that might just go away one day in a click of fingers. We believe that we are entitled to all that. Are we?

Are we entitled to the nice things we are used to? Is someone under obligation to provide them to us? Or we have to actually do something to retain all that, which is collectively known as quality of life?

The previous generations had to bury their savings in the ground, stockpile weapons and firewood, dig wells and build fortresses to preserve their quality of life. We got very spoiled and instead we rely on government deposit insurance, police protection, emergency services and government handouts and we whine when those are not up to our high standards. We do not yet understand that war is upon us whether we want it or not. Islam has been dormant since Umayyad empire defeat by Charles Martel at Poitiers on October 10, 732 AD and later Ottoman empire defeat by Christian alliance at Vienna on

September 12, 1683. The humiliating military defeats of muslim forces by Europeans have exhausted its plundering-based economy and pushed it back into the sands of Middle East. Islam remained dormant until 20th century discovery of oil created a source of income for the islamic states, that eagerly renewed a call to holy war against the rest of our planet.

Internally, we are being robbed by left leaning metastasizing overgrown government bureaucracy. They are pilfering every dollar we make and use money for ideologically motivated programs, further destroying our economy and corrupting the politics. The continuing robbing of our society requires new justifications, and they open the borders to import troublemakers into our countries to justify further erosion of freedom, bloating law enforcement budgets, conducting surveillance of entire population, control of what we feel, think, know, love and hate. The control freaks in government bureaucracy cannot rest until everyone dances to their tune.

All sorts of troublemakers that they unleashed on us have their own agenda, they do not want to be controlled or constrained. The criminals, religious fanatics, militant homosexuals and mentally unstable fulfill their masters' goal of destabilizing the society to justify further government controls. The government strives to become a necessary instrument for preservation of our quality of life.

Can we allow that state of affairs to continue? What can we do? How? This book's goal is to answer these questions.

Chapter 2

Measuring the quality of life

Our life today is drastically different to what it was 50, 100 or 200 years ago. One of the first dramatic changes occurred with industrial revolution, when mass production of goods suddenly gave well paying work to millions. Invention of antibiotics saved millions of lives of sick and injured who would otherwise have died or became disabled. Small pox vaccine preserved the lives of millions and helped eradicate the disease entirely. Radio communication provided means to call for help in a disaster for those on the road or at sea. Radars alerted the air defenses of the approaching enemies and the air and sea transport of the storms and other hazards. Too many great inventions to mention here!

Quality of life consists of many components that have been mentioned above. It defines how well the environment in the place you live in is suited for your continued existence. It is different from happiness and satisfaction with one's conditions – someone, living even in a perfect world, can be far from content for one or another reason. Happiness is subjective, but quality of life can be measured and expressed in concrete terms.

This book's definition of quality of life is availability of the goods and services that are necessary for supporting life and health of people. Few goods and services, delivered exceptionally well, or lots of poor quality goods and services, both mean substandard quality of life. One does not compensate for the other.

Comparing quality of life among the countries, one cannot help but notice that the countries with the highest quality of life are invariably the Western democracies in Europe and North America. The rest of the world varies drastically, with the (still) communist regimes, their satellites and muslim countries trailing far behind. That must have something to do with the rights and freedoms, as that is exactly what is different among those types of regimes. The clearly defined and vigorously protected individual rights in the West have resulted in enormous economic growth and potential for more, while dictatorial political and religious regimes have failed miserably and continue to exist only by extorting financial and other types of aid from the international community by threatening violence.

2.1 Individual happiness and self-fulfillment

The happy people are not necessarily the wealthiest, but there absolutely are fewer happy poor people than rich. This has a lot to do with culture, as there are lots of people who got rich quick and do not really know what to do with their wealth. The drug use scandals happen here and there in many cases involving the offspring of the ordinary people who quickly prospered.

Culture is not just politeness, knowledge of wines and fine art or education. Culture is like a diamond, that has to have all facets perfectly aligned and equal, then it will truly shine. Culture has to

be wholesome to be valuable. That means that all aspects of life have to be equally understood and practiced for the person to be considered of high culture.

The people of low culture do not speak with their children and do not spend enough quality time with them. For lack of funds, spent on alcohol, tobacco and unnecessary gadgets, they usually outsource upbringing to the babysitters, kindergarten and public school system. In return the kids despise and distrust their parents whom they consider boring old-timers. Public school system promotes and cultivates that view as well. As a result we get armies of socially re-engineered youth who cannot tie their shoe laces without government approval.

The people of high culture are their kids best friends, spending every moment together, doing sports, crafts, arts, attending events and visiting museums and exhibitions. These parents spend every penny on upbringing of their children: training, lessons, sports equipment, art supplies etc. As a result we get a few stars who are vastly outnumbered by mediocre discharge from the public education system.

Systemic approach to life of the highly cultured people provides them with higher level of happiness simply because their lives are better organized, risks are covered, reserves are maintained, dangers avoided, contacts established and so on so forth. Culture is not something that comes only with DNA, but genetic pre-disposition towards culture exists without doubt. Otherwise there would be no examples of people raising themselves above the scum they were born in and reaching high levels of society. Understanding of the elements of high culture, its systemic approach to organizing one's life, can be practiced by virtually everybody. One just needs to want to elevate themselves and work towards that goal, which may involve getting better training and education, moving to a different neighborhood, getting a different job, spending time on more important things rather than on leisure, quitting drinking and smoking, refusing drugs, taking care of health, concentrating on the upbringing of the children and helping them in their adult life, babysitting grand-children, watching over quality of food supply and keeping the family strong.

This systemic approach to organizing one's life helps a whole lot to achieve happiness that so many are looking for, but cannot find.

High culture can be summed in a few dozens do-s and don't-s. The substance is more subtle and each has to do a lot of homework to fill those rules with specifics, using the textbooks and life experience.

Let us try to list those recommendations.

1. Do not waste time. Do something beneficial. Example: do not go to a bar after work, read a book with your child.
2. Improve your health. Do not damage it. Example: quit drinking and smoking, stop drinking coffee, avoid MSG, sugar substitutes and fluoride.
3. Respect the rights of others. Think of their rights in the context of your grievances.
4. Be polite. Put yourselves in the other people's shoes. Example: do not throw noisy parties at night, do not install noisy muffler on your car, obey the traffic signs.
5. Continue education. Example: read textbooks instead of pulp fiction, attend courses instead of parties.
6. Do not be a workaholic, balance life with work or business. It is impossible to earn all money in the world, and then they will not buy you everything you need.
7. Obey the law. Illegal activities will destroy your health from fear of prosecution, conflicts with others and government or incarceration. Prosecution will destroy your prosperity.
8. Arm yourself and learn how to defend yourself and your loved ones.

9. Fortify your home with window film and security door hardware. Knowing that your windows cannot be broken and your door kicked in provides great relief from fear of being robbed.
10. Get a stable job or start your own business.
11. Work day shift, as night shift work can cause medical conditions up to and including cancer.
12. Be active politically, keep yourself informed of what is happening in your country and keep the politicians on their toes.

Culture is about balance, about achieving best results with limited resources and keeping everyone happiest possible. A husband cannot be happy if his wife is not. A parent cannot be happy if their child is not. A friend cannot be happy if their friend is not. Happiness needs to be wholesome and only looking after yourself, your relatives and friends can help achieve real happiness.

2.2 Individual rights

Let us identify the rights an individual has and see whether they are protected in your jurisdiction. In some places the fundamental law specifically protects certain rights, while in others the rights may be declared, but no protections offered. When the government refuses to protect individual rights, it is up to the individual to protect them. It is important to understand that each right and freedom must include its opposite. That means, for example, that freedom of speech supposes the right to remain silent. The rights of members of society cannot be absolute. Living in a society requires certain limitations on the individual freedom in order to ensure that everyone in the society has their rights protected.

However the limits must be clearly defined, articulated in the law, and set where it is absolutely necessary to ensure everyone's rights. The last part is very important! It means that there can be no other justification for the limitation imposed on the individual rights, than protection of the rights of other individuals. This concept is difficult to grasp, but we will provide several positive and negative examples.

Positive example: Freedom of speech does not mean that we are allowed to scream out loud in the middle of the night. That would infringe on the right of our neighbors to make a living, as they will not be able to go to work tomorrow if we keep waking them up at 3:00AM.

Negative example: It is not a reasonable limitation of the freedom of speech if one is not allowed to publish their ideas in mass media on the premise that someone might be offended. Those who feel offended by the published ideas have an option to not read them.

Positive example: The right to own property does not mean that one can keep radioactive materials in their basement. That would infringe on the rights to life and safety of the neighbors.

Negative example: The right to own property cannot be limited by expropriating land for a road to accommodate more people living near the lot in question. Those people had an option to not move in where there was not enough roads, or plan ahead and save funds to buy land they would need for a road.

Positive example: The right to make a living does not mean that one can take away other people's property without permission and compensation. That would infringe on the right of others to own property and make a living, in turn.

Negative example: It would be wrong for the government to prohibit some occupations. Those who consider those occupations reprehensible, immoral or unethical should avoid using the products or services they have to offer instead.

Let us review some of the most fundamental freedoms each individual has. These rights and freedoms are based on our biology, anatomy, psychology and everything that we call human nature. We have those rights because we are humans, *Homo Sapiens* from the planet Earth, and not because of the verdict of the government. These rights cannot be infringed and if infringed, the person has right and duty to enforce these rights with all means required.

Right to life or death of one's choice. People are born to this world without their consent and choose their own path in life once they realize their own existence. All of us die and death is frightening and often painful, perhaps the most frightening and painful event during our lives. People fear death and no one can be allowed to abuse that fear by killing others without dire need, such as to protect their own life. When one's life becomes too painful and death looks like a better alternative, no one can continue their suffering by preserving their life – suicide is a right too.

Right to safety and security. This is the right to preserve our lives and the lives of our loved ones and those under our supervision. This is a right based on our physiology and psychology – the right not to feel pain and humiliation. This includes the right to self-defense and armed revolt against tyrannical government.

Right to own property. Humans evolved into the animals who need things to augment their limbs and other parts of body to adapt to the various natural conditions. This is why we have a right to own and protect property and use it to improve our conditions.

Mobility right. Do we need approval from the government to go from one place to another? No, we do not. For millions of years our ancestors moved freely looking for better food, shelter, natural resources, pasture and security. People became attached to the land via slavery or serfdom much later and for a relatively short period of history. It is widely recognized now that people have a right to be anywhere within their country where they do not infringe on the property rights of others. Some countries take it a step further and guarantee the right to leave and re-enter the country.

Right to rent or build a home. Similarly to mobility rights, we have a right to build or rent shelter to protect us from the elements and intruders due to our anatomy and local climate. This right is closely connected to the right to own property and to safety and security. This right does not create an obligation on property owners to accept tenants – only forbids the government to deprive people of their homes!

Right to make a living. We require food and water to sustain us and shelter to protect us from the elements. We need things to augment our limbs and senses to be more successful. That gives us a right to gain livelihood to feed ourselves and our dependents.

Right to training and education. The ability to perform actions better with training is determined by our physiology and psychology, and is therefore an inalienable right. This right is connected to the right to make a living.

Freedom of association. As social animals, humans live in groups of varying size. For millions of years humans chose who they wanted to associate with by moving among families, clans, tribes and countries. We have a right to not associate with someone we do not like.

Freedom of speech and expression. Sending verbal signals is a part of human anatomy and psychology. For millions of years humans evolved to develop language as a system of sounds to communicate their needs, wishes and information. Language includes spoken words and drawn signs, postures, facial expressions, gestures, giving the things certain shapes and colors and other forms of communicating ideas and information.

The right to look and see, listen and hear, remember and forget. People cannot help but look at the things and listen to the sounds. Those senses provide important security information that is required to preserve our lives. People have a right to see and hear anything that is out in the public and preserve the memories in any shape and form, such as in writing, drawing, recording in electronic form etc.

Right to create a family and procreate. Procreation is the very fundamental right of all biological species – from bacteria to plants to animals and of course to human. The willing males and females can agree to be husbands and wives and to have children, or to divorce, or to have no children.

The rights above are common for all people on the planet Earth. All people have those rights regardless of jurisdiction and situation. The other rights are specific to most democratic countries of the West. Those rights vary depending on legal environment, culture and traditions of the particular country. Defining and enshrining other rights is therefore a product of a contract between the people and their governments and a matter of negotiation among the different segments of population. The inalienable human rights above, on the contrary, belong to the people by the fact of birth.

2.3 Social harmony

Exercising own rights, people come into contact and their interests often differ, to not say conflict. Every society looks to balance the rights of the individuals with the interests of the society as a group. This is a difficult task and over the millenia many government officials, philosophers, warlords, writers and businessmen looked for the solutions to help balance the interests of different people and groups in a society. Several principles have been widely accepted that help to ensure the balance.

1. Supremacy of fundamental rights and freedoms.
2. Strict application of law.
3. Equality of all people before the law and among themselves.
4. First comes – first served basis.
5. Electability of the government at regular intervals.
6. Limits on the time in the office.
7. Complaint resolution and review policies and procedures in all levels of government.

Those seven principles help ensure that the country is defended, economy can operate, the innocents are protected and violators are prosecuted. However that is not all, it is not enough for just those principles to be implemented. Social harmony requires from majority of people to respect the law and each other, follow the norms of decency, work to maintain and increase self-sufficiency. The portion of troublemakers and freeloaders in the society should be kept in check and the best guard is of course in one's head.

Chapter 3

Checks and balances

Democratic and aristocratic states are not in their own nature free. Political liberty is to be found only in moderate governments; and even in these it is not always found. It is there only when there is no abuse of power. But constant experience shows us that every man invested with power is apt to abuse it, and to carry his authority as far as it will go. Is it not strange, though true, to say that virtue itself has need of limits? To prevent this abuse, it is necessary from the very nature of things that power should be a check to power. A government may be so constituted, as no man shall be compelled to do things to which the law does not oblige him, nor forced to abstain from things which the law permits.

Charles de Secondat, Baron de Montesquieu

Living in the society and being free of society's norms and rules is of course impossible. Individual freedoms, although fundamentally important, are not absolute. Collective interests are also very important, but also not absolute. There has to be reasonable balance kept among both. How can people find and keep the balance?

The limits on the freedoms should be established in the fundamental law. Currently those limits are implemented very poorly in many jurisdictions. The US Bill of Rights and Canadian Charter of Rights and Freedoms are still a target for Supreme Court hearings in both countries. The partisan judges are breaking lances over obvious things, such as "the right of people to keep and bear arms shall not be infringed", needless to say about more complicated things.

There is a trend in Western legislation that is very worrisome and absolutely unacceptable. It is criminalization of previously legal actions absent a victim. This is also known as paper crimes or regulatory crimes. People should not allow their governments to enact the laws that criminalize actions where there is no victim as that disrupts the balance.

Representation of needs and wishes of the population in the laws and policies of the country is one of the most important foundations of every healthy democracy. The government's role is to serve as a watchdog and not allow any group to impose their views on others who would be harmed, harassed and threatened by implementation of those views. Presently the governments in the West almost completely abandoned this role as regards to the interests of the radical militant groups. Further you will learn how the small but vocal militant groups of immigrants are pressing the governments to protect their interests at the cost of the interests of the local population.

There is a direct and strong correlation between guarantee and protection of the individual freedoms in a society and its level of prosperity. The countries with most freedoms are indisputably the richest: United States, Canada, Great Britain, France, Germany, Australia and New Zealand. On the other end, even the dictatorships that are geographically close to those democracies are trailing in quality of life and GDP. This must have something to do with individual freedoms, do you agree? Of course it does. Individual freedoms guarantee people protection of the results of their muscular and intellectual labor. That is a huge stimulant to strive to earn and accumulate wealth. Wealthy people are interested in freedom in return, as freedom guarantees that they can use their wealth and do not have to hide it from the government and predators.

The laws of the Western democracies have been initially crafted to protect the best interests of the society in its pursuit of wealth. The best entrepreneurs used these laws to accumulate wealth, sharing it in the process with the rest of society through salaries and taxes. Police was expected to protect the people and their property and military was expected to protect the country from external enemies. The courts were supposed to check the validity of charges pressed by police. The government was tasked with overseeing the country-wide policies and projects. The legislature was supposed to enact the new laws and remove the obsolete laws to keep up with the progress of society. That was the ideal design, devised by the great humanists of the past who brought us enlightenment. But at some point the system started to fall apart.

3.1 Acceptable personal risk and responsibility

Fear of liability lawsuits permits the Western society. It has forced on us seatbelts, airbags, bicycle helmets and boat licenses; demolished the skating rinks and playground equipment; shut down gun ranges and closed the parks for some previously common activities. Everything remotely risky falls victim to the dark god of liability.

While population of the Western countries keep filling the coffers of the litigation industry – courts and lawyers – the 3^d world enjoys freedom from liability litigation. They are free to ride their bikes wearing just shorts, operate motor craft, play active sports, shoot firearms and do things that we used to be allowed to do without much harm. Of course we do not want to be in the same boat as them in respect of economy and civil rights, but otherwise they seem to enjoy life we have been deprived of.

Unfortunately, we cannot just sign a waiver and be allowed to have fun. There are criminal consequences for driving without wearing seatbelt, even though that seems to affect just the driver. The recognition of reasonable acceptance of risk has to occur in the whole society. When the authors were teenagers, we were allowed enormous freedom by today's standards.

Some of the authors rode bicycles on the country roads shared with speeding trucks and other motorists. Without helmet. In a company of younger kids who sometimes asked their grand-parents for a permission and heard back: "You can go if someone older than you is coming along". That was 10 or older. The authors and friends swam in the lakes in the middle of the bush with no one within several miles. Unsupervised. With no buoys or lifeguards.

The authors went to the bush to gather mushrooms and berries and just to walk around, looking at trees and listening to the birds singing. With the younger kids. Carrying a box of matches, slingshot and a folding knife. With the snakes, wild boars and moose abundant in the area. Nothing ever happened beyond some scratches, insect bites or minor bruises. We learned to pull splinters out of our skin with a needle and to bandage or tape the scratches and cuts. We knew which mushrooms were good and which were poisonous. Same about the berries. We wore sandals and watched out for poisonous snakes. No one ever got bitten. Stepping on a bee and having to pull its sting from a sole was probably the worst experience for our gang.

We built firecrackers out of the 22 caliber cartridges found on the floor of the school's indoor range (yes, the schools had gun ranges back then!). We made bombs out of fertilizer, matches, gasoline and nitrocellulose plastic. We fought with model swords and axes made of plywood and shot homemade bows and slingshots. Unsupervised! No one was ever injured. We knew to take cover and protect our ears. And we did it in the open pit mines away from the buildings. The mine operator did not care about kids wondering around much – they knew we had heads above our shoulders. That was life!

With the 'No Trespassing' signs everywhere today our kids have no real childhood. They are insulated from the risks of the real world and as a direct result of that they do not learn to behave in a safe and reasonable manner. How did it happen that the government usurped so much power, that it can post signs such as 'Do Not Swim' on the river banks, 'No tobogganing' on a hill, 'Park closes at 11:00' you guess where and so forth.

The idea of impaling your gut on a piece of rebar under water scares the hell out of you too. They are not alone in caring for people's (read – yours) life and health. You do care too and you would take all reasonable steps to ensure that swimming in that river is safe (including checking for parasites or contamination).

Similarly, you would not just get on a toboggan and rush downhill – you would inspect the slope and bottom of it first, check for the objects that can cause injury and proceed with caution. You hate pain and injury just like the government does or even more (because it is you body that would hurt).

And how exactly on Earth does the park close at 11:00? There are no lift-gates or drawbridges, no force fields or spike traps. The park is as open at 10:59 as it is at 11:01, except that the government does not think so. One minute too late to leave and you are in a world of crime regardless of your motivation – the law is the law and you face a \$5,000 fine whether you are an insomniac retired father of grown up children who have their own families, or a teenager with a spray can looking for a good spot for new graffiti.

Chapter 4

What is worth to fight for?

People usually assign priorities to the different things in their lives. There are some important things that are vital, and some secondary. We need to decide what components of our lives are so important, that we would go at great lengths to protect and preserve them. The individual freedom, security of the person, wealth, health and happiness are the very important things that Western civilization absolutely must protect.

4.1 Security of the person

Drafting this chapter the authors were divided regarding the sequence of sections: which should we put first – security or wealth? Does not wealth buy security with house in a better neighborhood, security guards, concealed firearms and armored vehicles? But looking at that from a broader perspective, it seems that expending wealth to buy security is an admission of insecurity in the first place. With real personal safety and security the portion of wealth does not need to be spent to buy it. This is why this section goes first and wealth section will follow.

Living in an insecure state is very depressing. This is very difficult concept to understand for many Western country residents still, and this is a good thing in itself. That means that many Western countries are still very safe places to live in. On the contrary, the 3^d world countries and the former communist block countries of Eastern Europe, that are not generally considered 3^d world, provide only marginal personal safety to its residents.

Mugging, street fights, racket and terrorism is on the rise in some countries, while the others have it under relative control. Without doubt the lower income countries have larger proportion of the public using public transit or walking, than driving cars. This is a security factor, as it is way more difficult to immediately assault a car driver than a pedestrian. People in the 3^d world often have to carry self-defense weapons such as tear gas canisters, blank firing and tear gas firing handguns, clubs, electric shock devices, improvised weapons and firearms just to get to and from work and do the shopping.

We in many of the Western democracies are still blessed with safety levels that allow us not carry anything for self-defense except in a few bad neighborhoods or in high risk occupations. But this situation is quickly changing in many countries.

The European states that allowed large numbers of muslim immigrants to come over are now facing a new phenomenon: the no-go zones for the local population, where the locals would be verbally and physically assaulted for just wearing Western attire and behaving as we all used to. Britain is most infamous for the no-go zones for non-muslim population in London and some other cities.

France has seen many riots of muslim youth and adults and the news reports show that muslim residents can even drive away police from their enclaves. Formal logic tells us that the ordinary people are

not safe entering those locations too.

Rioting and acts of terror in Netherlands have shocked the Western readers when Theo Van Gogh and Pim Fortuyn were assassinated in connection with their public speech opposing islam.

Numerous acts of terror have been thwarted in Denmark that became a collective target for the muslims after a Danish cartoonist drew caricatures of islam and its prophet.

The muslims in Norway are terrorizing local population as well. Mullah Krekar was convicted for making terror threats against Norway, but many more lower-profile crimes went unnoticed by the establishment and law enforcement. Virtually all rapes in Norway and Sweden in the past decade have been committed by the muslim immigrants and asylum seekers. Islam has a special place for raping the non-muslim women because in islam infidel women have no rights and are considered war booty.

Germany has large Turkish, Iraqi, Bosnian and Kosovo Albanian population. The situation in Germany has become so bad, that there are news of groups of muslims visiting hospitals, schools and police offices to threaten with retaliation for arrests and shooting of muslim criminals by police. Several, to not say many, German residents went to Afghanistan to fight for Taliban.

The above shows that muslim immigration is a huge factor in deterioration of the safety in the West.

Now it is not too late to reverse this process of sliding downhill and change the immigration laws. While muslim population is still just a few percent of the total population, stopping muslim immigration and deporting those who are already here would be the safest route before it is too late. Later we will talk about treatment of islam as a religion and what should be done about it.

People living in safe environment live better lives and enjoy better health. Fear without doubt creates depression and cardio-vascular conditions. It is not pleasant experience to fear for your own life and the lives of your loved ones and friends. Living in a society where one has to worry every time someone is late is a nightmare. This is why security of the person is a very important asset that has to be preserved by all means possible.

4.2 Personal and societal wealth

Personal wealth is a sum of individual's assets and savings minus the liabilities. The savings include money in the bank, securities such as stocks and bonds. The assets are the equity in real estate, personal property and various valuable rights such as patents, copyright and know-how. The liabilities include credit, such as mortgage, line of credit and credit card balances, and taxes payable.

The more wealth an average person owns, the wealthier is society on average. Wealth is important, because it generates investments, innovations, charity and promotes arts and education. Wealthy people are on average better educated and informed, give more to charity and promote the improvements. The examples are countless throughout history. The fine arts of ancient Greece and Rome have been created by the well off philanthropists. The paintings of Renaissance have been commissioned by the nobility and rich merchants. Many inventions have been financed from charitable funds established by the millionaires. The talented youth has studied with the aid of scholarships provided by the rich and at the schools build and supplied by the rich.

It is a vital interest of every society to promote and protect increasing personal wealth as it generates many good things for everyone. This is contrary to greed and envy that generate nothing but instability, unrest and crime. Good deal of selfishness that helps people become and remain rich has nothing to do with greed. Greed needs a definition then. The authors define greed as one's desire to take what does not belong to them. Selfishness is different, as the authors define it as one's desire to improve their conditions. This bodes well with widely accepted definition of altruism, which is understood as one's desire to improve others' conditions. One can be selfish and altruist at the same time. This is what we observe when those who accumulate wealth donate it to the foundations to promote education, science

and arts. Those are selfish people who are simultaneously altruists. These people are not necessarily greedy. They might be, but they control and suppress their greed.

The best examples of those whose greed takes the best of them are the criminals – thieves, robbers, racketeers and fraudsters. They prefer to take what does not belong to them instead of working to achieve the same goal of accumulating wealth.

Entire doctrine of islam was built on greed, as islam declared wealth and property of non-muslims belonging to the muslims. islam considers everything belonging to the non-muslims and the non-muslim women as war booty. This doctrine is construed to destroy and plunder the rest of the world.

We have shown you why it is important to protect, preserve and stimulate increasing personal wealth. Let us review societal wealth now.

Society, as all people in the country, too has wealth. The wealth of society, similarly to personal wealth, is a balance of country's assets and liabilities. The assets of the country include its human and mineral resources, strategic geographic location, climate, international treaties, quality of life and reputation based on its laws, regulations and culture. The liabilities consist of debt and commitments.

It is important for a country to have greater societal wealth because it helps to buffer economic up and down cycles, create emergency reserves, execute public projects, build up military might and increase international influence. Switzerland is an example of a wealthy country with limited resources, but with strong infrastructure, high quality of life, enormous military might and huge influence on international level. The world wars ravaged around Switzerland, but this country remained peacefully armed to the teeth and kept emergency supply of gold, beans and matches for over hundred years now, as poor countries with largely disarmed population perished at the hands of foreign invaders and dictators after exhausting their minuscule reserves. Zimbabwe is an example of a poor country with vast mineral resources that it failed to develop for the benefit of its population.

4.3 Accommodations and restrictions

Western society is by all definitions a nice society. Politeness and culture are accepted by the vast majority of Western population, except for some marginalized elements of society. Politeness has gone a long way and is deeply rooted in etiquette of the nobility, dictated by the tip of the sword that they carried, that transitioned into politeness of the bourgeois, dictated by their economic interests and striving to achieve efficiency and competitiveness.

The Western societies initially opened their borders to the immigrants from the other Western countries, then to the immigrants from the former colonies, then to the rest of the world. As the floodgates opened, the stream of immigrants could no longer be processed by the melting pot of Western society and the inferior cultures permeated the West. They brought with them backwards faiths, customs and traditions, as well as treatment of people that was common in the third world countries: theft and robberies, rape, rioting, stoning, canning, filth, deceases and parasites. The melting pot would have been able to educate the newcomers and alter their behavior and psychology to a degree, but it cannot cope anymore. The doctrine of multiculturalism, imposed onto the Western society by the ivory tower elites with communist ties, discouraged the integration through education, as it elevated the inferior cultures to the same level as one of the West.

When the West succumbed to multiculturalism in the 1980s, deportation of the troublemakers has become a taboo. Only the most notorious repeat offenders and some innocent ordinary people, who failed their paperwork, have been deported from the Western countries, after a long process of appeals and reviews, that lined the pockets of bureaucracy, law enforcement, lawyers and judges. The notorious repeat offenders have been deported because of negative publicity that their presence here generated for the government and there was massive outcry from the public to remove them. The ordinary

innocent people have been deported because there was low probability that their deportation would cause a riot and the deportation numbers had to be met. Despite those few deportations, the huge ethnic communities have formed in the Western countries, creating the no-go zones where the local population is not welcome. Needless to say that the locals do not even want to be anywhere close to those communities with their smell, crime, filth and dilapidated conditions.

That worked fabulously for the bureaucrats, who hung on to the troublemaker aliens and advanced their careers while robbing the public purse under the guise of providing subsidized housing for the immigrants, counseling the unemployed youth, combating crime and so on. Away from the public eye, they are spending our tax moneys without control and supervision. The police departments inflated their budgets with armored vehicles, surveillance equipment, automatic weapons, helicopters etc. The school officials have installed metal detectors and armor glass, access systems and CCTV. The government in general budgeted for more security personnel and their salaries, overtime and bonuses. The losers are us – the middle class taxpayers in the West. Our only hope to not be robbed and abused is to protest and to do so in organized, planned and persistent manner.

One way to protest is through communication: it is to write angry letters to the elected representatives, attend meetings and make public speeches, make inquiries and publish articles. The bureaucrats initially ignore the communication from the angry citizens. They might not reply to the letters, not even read them. They will just scan the titles or the first few lines, and throw the letter away. But they will remember the subject. The next dozen letters on the same subject will most likely be read. After a hundred they will start responding. Thousands of letters will make them do something, as there is a rule that all bureaucrats abide by: they consider each angry letter from a voter as a similar opinion of 200-500 angry voters who are not writing to them. These numbers show you how passive is an average voter in the West. We are so preoccupied with our life, putting bread on the table and going about our business, that writing and complaining is somewhere very low on our list of priorities. That is wrong and has to change.

Participating in the comment sections on the news websites is another way. One of the authors conducted an experiment in Canada in a year that followed the blockade of Gardiner expressway in Toronto by the Tamil LTTE supporters. The experiment consisted of a dozen or so of very blunt and to the point postings critical of the situation where Tamil immigrants and refugees enjoyed safety and hospitality of Canada, but openly displayed LTTE logo on the clothes (including of their children while at school), vehicles, flags etc. No one else posted anything similar as Canadians were just too nice people. The end result of those postings was overwhelming removal of LTTE logos from the public view.

Obviously LTTE monitored the press and saw the bad publicity that their actions have generated. It is possible to obtain tangible results by refusing to continue to be nice to the alien troublemakers. The experiment was a success.

Another way to protest is through action: organizing rallies, boycotts, strikes and ultimately riots. The more vocal the actions are, the better, as loud noise can be heard far and wide, and the bureaucrats hate noise. Screaming and using coarse language is most important, as that is exactly what the inferior cultures are using. They arrive in large numbers and scream at the bureaucrats to achieve their goals and we can see that screaming tactics works wonders. The loudest screaming category of aliens – the muslims – have achieved virtually everything they were looking to get from our governments. They are allowed polygamy, their females are allowed to be photographed veiled head to toe on the government issued IDs, their places of worship are approved for blasting prayers through the loudspeakers, they are provided halal food while pork is banned from the cafeteria, their prayer time is reserved at the expense of work and studying of the non-muslims, the airports are now equipped with the foot baths and the terrorist trials are being postponed for Ramadan. No other group of people have ever been accommodated to such a degree. All that proves that threats of violence from the large groups of people

do work.

That takes us to the third, and hopefully the last way to protest: terror. Physical terror is necessary when it all fails. Unfortunately this is where we almost are. The left for sure has reached that stage, as it is evident from the amount of abuse and threats received by the conservative public figures and celebrities. The recent tactics of violent left included so called swatting, where anonymous caller sends police tactical response teams to the residences of their conservative opponents on the premise that they committed a crime. This warfare can remain asymmetric for a limited amount of time only. At some point the right wing will have to respond.

Part II

How did we get there?

Chapter 5

Marxism

Since Marxism is interested exclusively in the general and is not interested in the individual, the weakest side of Marxism then appears to be its psychology... Instead of psychology they give moral judgment and sentence.

Nikolai Berdyaev, Personalism And Marxism.
Magazine "Way", Jul/Sept. 1935, No. 48, p. 3-19.

Western world, initially the Christian kingdoms of Europe, then the democratic states of Europe, North America, South Africa, Australia and New Zealand, is a unique political and economic structure for lack of better word, where wealth, stability and pursuit of happiness have been put first. During the last millennium the Western countries made amazing progress in all areas of economy, law, science, arts, sports and politics.

The Western civilization is the first to progress from barbaric principles of slavery and absolute monarchy to freedom and democracy; from occupational wars to global piece; from colonialism and segregation to equality.

The failures of the other types of societies unfortunately have not taught them the right lesson – the prosperity lies in freedom and democracy. They instead concentrated on sabotaging our success.

Marxism is based on a theory that accumulation of wealth through sale of products and services, created by employees or contractors is evil, and the role of the state is to create and re-distribute wealth among the less fortunate (those who do not have ability to run their own business). The obvious origin of that theory is envy of Karl Marx towards his more successful contemporaries and search of revenge for his misfortunes. However, as it often happened in history with the theories, devised by the angry vengeful people, Marxism found many followers over the next 2 centuries, who took it for face value without questioning the motives of the author, and eagerly applied its teachings to the rest of population.

It is possible that Marxism was intentionally allowed to be developed by the order of Kaiser Wilhelm of Germany as a new kind of intellectual weapon of mass destruction against his European counterparts: England, France and Russia. The circumstances of Karl Marx's biography indicate that he was provided with an opportunity to write *Das Kapital* and other works while not having to make a living. Most likely the anti-government tendencies of Marx have been noticed through the connection with German establishment – his wife Jenny von Westphalen. Instead of prosecuting Marx, his wise handlers in Kaiser Wilhelm's administration apparently decided to use his analytical mind of a writer to their advantage.

Friedrich Engels served as a front for supplying Marx with meager funding. The diabolical brew was in the making. It was deployed in England, France and Russia – the sworn enemies of Germany. But

as sometimes happens with other kinds of weapons of mass destruction, it had side effects its creators were not able to predict and control, and they almost lead to the destruction of Germany itself few decades later. Like in a worst zombie apocalypse movie, communism spread across the globe infecting state after state.

By the estimates of Dr. Rudolph J. Rummel¹, up to 262 million people have perished as a direct result of application of Marxism around the globe in the 20th century. The staunchest followers of Marxist ideology murdered the most, where less orthodox Marxist governments tailed. It would be not so damning if the victims died fighting the wars only, but many of them have been tortured or starved to death and bore incredible sufferings.

Marxist democide was accompanied by incredible destruction of wealth. After the Russian revolution of 1917 the new communist government rushed to impose new economic order. Faced with massive exodus of the so-called ‘formers’ – the qualified educated segment of the workforce (management, professionals, engineers, skilled tradesmen) they had to appoint whoever loyal communists they could. The ensuing chaos collapsed the economy, erasing billions of dollars of net worth.

The efforts to resurrect the economy included forced confiscation of all gold, diamonds and other valuables from the dethroned nobility and bourgeois. Small fraction of the confiscated treasures was used for bartering food and other commodities on the international market at a fraction of its real cost, while most of it lined the coffers of communist party and its leaders and was later used to bribe the corrupt elites of the West.

Decisive rejection of Marxism and collectivism is one of the foremost goals of every free and honest person if they are looking to safeguard their freedom and prosperity. To effectively reject Marxism in all its manifestation one needs to be able to recognize and identify the attributes and sign of Marxist collectivism. That is not so easy for those in the West who have never lived in the traditional Marxist societies. Some of you even consider certain things to be elements of free enterprise, while they are in reality collectivist stunts.

¹R. J. Rummel, *Death By Government*, New Brunswick, NJ: Transaction Publishers, 1994, ISBN1560009276, 9781560009276

Chapter 6

V. Lenin's/J. Stalin's socialism and communism

Give me four years to teach the children and the seed
I have sown will never be uprooted...
...Give us a child for 8 years and it will be a
Bolshevik forever.

Speech before the education commissars. V. I. Lenin

6.1 Russian bolshevik turnover of 1917 and failure of Triple Entente

The spread of Marxism culminated when the Bolshevik party usurped power in post-WWI Russia after a violent military coup and civil war. Vladimir Ulyanov (Lenin) was a younger brother of the convicted terrorist Alexander Ulyanov, who was executed after an attempted assassination of the Russian king.

Vladimir Ulyanov took his revenge on the royal family and became the first communist dictator of Russia. Vladimir Lenin wrote 50 tomes of operating instructions for his followers on the matters ranging from undercover subversion to establishment of the institutions of the new order, control of economy, propaganda, education, military tactics and many more.

Initial success of the communist turnover in Russia in 1917 can be explained by the promise made by the Bolsheviks: ownership of all land will be transferred to the farmers, and the industrial workers will be granted the ownership of all factories. That promise was not kept, like all other promises that the followers of Marxism have given. In reality the new government became the single owner of all commercial property in the country, thus concentrating enormous wealth under the management of a single proprietor. Private ownership of capital assets was directly prohibited by law. That included any property that could be used for manufacturing. The communist government eventually became the proprietor of more than 50% of apartment buildings in the cities. Any opposition was quelled with bullets and more sophisticated means: population of the whole regions was starved to death by sabotaging delivery of food supplies.

The former allies of Russia in the Triple Entente coalition – France and England, and the United States who joined them, tried to intervene with their armed forces to assist the Interim government, but utterly failed to persistently fight till the victory. The promise of land and factory ownership mobilized the masses, impoverished after the recent wars, to fight for their new communist rulers. After the invasion forces had to evacuate in 1922, Russian population was left at the mercy of the new communist

order, which immediately showed its true colours. The first step was confiscation of military weapons – those Mosin-Nagant rifles, Maxim machine guns and Nagant revolvers – that many families now owned.

Once Joseph Stalin took over power after death of V. Lenin, he moved entire nations from their home land to the Kazakhstan deserts (Chechens and Germans), far East (Jews) and far North (Polish); entire families have been arrested and sent to the concentration camps, separating spouses, parents and children. The parents were held responsible for the actions of their children and vice-versa, just like spouses were held responsible for the actions of spouses under Stalin's regime.

6.2 Dictatorship of proletariat

That concept is one of the pillars of communism. Marxist theory elevated the industrial workers to the position of supreme power and Vladimir Lenin introduced dictatorship of proletariat as a condition for establishment of socialism and communism. The people, trained only in manufacturing, without education in history, sciences, arts, languages, without knowledge of the world, were now supposed to make and apply law and policy. Their new laws and policies were consistent with their nature – shallow, brutal and illogical. The appointment of those who the communist regime could trust – the former soldiers of the Red Army – to the management of the farms, factories and utilities resulted in chaos and catastrophic losses. Economy collapsed and continued largely due to the resources accumulated by the previous regime, including wealth confiscated from the rich, and quick adjustments made by the communist leaders towards employment of the qualified individuals who worked for the old regime.

They even hired the consultants abroad and paid them with the blood money confiscated from the nobility.

The situation then deteriorated to a point, where food supplies to the cities have stopped for lack of stable currency (inflation reached 10,000% in a year) and the new government decided to send armed groups of loyal communists called 'Food Squads' to confiscate grain from the peasants, who did not want to sell at low regulated price and were hiding wheat and rye grain. The Food Squads were given power of search, seizure and immediate execution without trial of those who were found hiding grain. That led to guerrilla war spreading throughout the country. Many food squads have been ambushed and killed by the angry starving peasantry. Eventually resistance was broken and new, heavily regulated militarized society established, in which individual farming was banned and land was pooled into collective farms with the management appointed by the ruling communist party. The new management was often recruited from the most loyal Red Army ranks – the former workers and seamen who had no idea how to run a farm. Agricultural productivity dropped dramatically causing chronic shortage of food, specially meat and dairy products.

The central planning of the economy lead to widespread corruption and abuses by the ruling party and their appointees on one hand, and chronic shortage of goods and services on another. Shadow economy flourished under the blind eye of the corrupt government.

As opposed to capitalism, where individual initiative of the motivated entrepreneurs and workforce leads to increasing productivity and quality of goods and services, socialist economy based on redistribution, with its fixed salaries and wages, lead to stagnation in all areas. Russian economy, that was exporting agricultural and industrial products under the monarchy, turned into exporter of raw materials and importer of food and industrial products. The country was thrown back 20-50 years in all areas of economy except the military industry – the only one vitally necessary to the new communist order.

At the same time the communist government kept all revenues and distributed small portion of that as salaries and planned investments. Instead of knowing how much the people produced and what profit they made under the old regime, population no longer knew and only got paid fixed amount sufficient to

survive from one pay day to another. The government controlled almost 100% of the country's finances and used them to pay for the ideologically motivated programs at home and abroad.

6.3 Export of socialism

Another pillar of communism is global revolution. Marxist theory required proletariat of the first communist state to make contacts with that of the other countries and incite them to revolt and establish further communist states. The vast amounts of money under control of the communist government were used to recruit marginalized elements abroad and establish the local branches of the communist party, who were expected to organize anti-government struggle and ultimately violent turnovers.

Initially isolated, the new communist government was quickly recognized: first by Great Britain, then by Germany and other European states, then by the USA. That paved the way for communist Russia to plant its spies in those countries under the guise of trade missions, news agencies and embassies, and ramp up spreading communist propaganda.

Fortunately, the other countries had more stable governments at the moment and it took the communist Russia and its lackeys another 30 years to use their military presence in Europe and East Asia at the end of the WWII to spread their influence to the Eastern Europe, China and later to North Korea and Vietnam, which lead to killing of the millions and destruction of the economies of those countries in the process.

They used the same slogan as the one that allowed them to win over the monarchy in Russia: land to the peasants, factories to the workers. This false promise worked wonders on every low-intelligent country that the communist set their sights on. Success of communism was and continues to be in reverse correlation to the average IQ. That explains why our borders are now open to the low intelligent aliens from the 3^d world.

Chapter 7

Abandonment of capitalism and individual freedoms

Every specific tax, as well as the nation's whole tax system, becomes self-defeating above a certain height of the rates

Human Action: A Treatise on Economics
Ludwig von Mises

It's a national disgrace. It may be time for someone else to come along and solve the problem.

Clint Eastwood, speech to RNC, 2012

7.1 Socialist tendencies of Western population

Life is hard. It is hard to wake up early in the morning, make breakfast, go to work and work all day, putting up with abuse by the management, customers and government inspectors. It is hard to drive to and from work in traffic, make savings, raise kids, take them to the training, pay the bills, renovate the home and look after the elderly parents and in-laws.

Seeing how rich is the Western civilization, some quite naturally made an observation that if they whined and begged enough, there would be some politician here, bureaucrat there, and an odd business owner who would help these whiners to get some free lunches and cash. Initially that did not work. Many countries had laws against begging, required everyone to own or rent a home, to have means, and discouraged parasitism by not providing any help to those who did not have a profitable business or did not work for one, or for a government institution.

Those were the days of industrial revolution and centuries that followed, until two events shook the world: communist revolution and WWII. Now there were two camps on our planet, both competing for the hearts and minds: the West with its capitalism and the communist block with its propaganda.

Unfortunately for us today nobody had time and resources in the West to routinely oppose communist propaganda. The resources for such activities were scarce because the business had them invested and did not appreciate the dangers of communism enough to fund the counter-communist activities.

Very few Western politicians appreciated the threat level. Senator Joe McCarthy attempted to curtail the spread of communism in the USA, but was silenced, his career was destroyed. That eventually

lead to the economic collapse that the West is facing today: the funds and credit are depleted, production is outsourced entirely to the two major countries in the 3^d world – India and China, debt is skyrocketing and the communists in the heart of Western economy and politics are already ordering us around. The president of USA Barak Hussein Obama was once a member of the communist New Party. He was listed as a member and was even a leader of the sister organization Progressive Chicago. Unofficially, he was also connected to William Ayers – the leader of communist terrorist organization Weather Underground, that discussed putting millions of Americans into re-education concentration camps and executing those, who refused or failed socialist re-education¹.

As whining and begging for handouts from the government worked for at least one lazy individual, the floodgate was open and more rushed to demand their share of handouts, including businesses.

Personal and corporate welfare has soon become a rule, rather than exception. In 2010 the US households received more cash from the government (\$2.3 trillion), than they paid taxes (\$2.2 trillion). One hundred billion dollars was either borrowed and printed, or taken from the business taxes. US government turned into re-distributor of wealth – what can be more socialist than that? Nothing, as this is socialism in its pure form. Redistribution of wealth has two main side effects: it causes damage to the side from which wealth is extracted, and it demotivates the other side from succeeding. The recipients of government handouts are motivated to lower their incomes to qualify for government cash. Both sides of the economy now depend on the government and GDP growth is slowed down or reversed. Nothing could be better for the enemies of the West.

The Game has its logic: for socialism to work, there has to be unanimity and compliance. Dissent leads to system malfunctions, causing hardship for all those in the care of the state. That effectively makes the dissenter a traitor and a public enemy. The need to suppress opposition necessitates a totalitarian form of government. While we aren't at that stage yet, the demonization of dissenters has already begun².

De-motivating people from supporting themselves has huge negative effect on the economy overall. When previously someone lost income from employment, many would seek alternative income by starting a small business, relocating, or changing occupation. Under the new rules they would just approach the government for a benefit. No attempt would be made to flex their brains and muscles, invent things, continue education, network with people and otherwise try to improve their conditions. All they have to do is apply to the government for aid and sit on their hands while cohorts of social services employees get paid for 'helping' the unemployed.

A promise of cash from the government also allows population to make no savings. Why refusing the pleasures that this world has to offer and making savings, if when push comes to shove the government would simply cut us a check? And so majority of the Western population spends over 100% of their income on alcohol, tobacco, narcotic drugs, vacations, houses larger than they need, luxury vehicles, electronic gadgets and online services. We are not talking about the wealthy business owners, managers and professionals – no, we are talking about recent graduates, who just entered workforce, and low income families.

Another important factor in government handouts is that it creates an opportunity for criminal activity to go unnoticed. The US government gives about \$100 billion annually as donations to the religious institutions who do not have to report either source, or destination of the funds they received. This huge shadow economy has a potential to hide all kinds of criminal abuses from scrutiny.

¹“I want you to imagine sitting in a room with 25 people, most of whom have graduate degrees from Columbia and other well-known educational centers and hear them figuring out the logistics for the elimination of 25 million people and they were dead serious.” Larry Grathwol, FBI informant

²The Socialist Mind Game: A Brief Manual, Oleg Atbashian, American Thinker, January 1, 2013

7.2 Corporate welfare and subsidies

Subsidies make it possible for the foreign entities to extract taxpayers' money from other countries. Whenever government announces subsidies for certain industries, there always will be freeloaders willing to take advantage of free cash to be had. It is one thing when the freeloaders haul from the local business community. It is completely different when the foreign powers receive the subsidies through the companies they buy. This book explains the negative cash flow created by outsourcing. Subsidies to the foreign-owned businesses follow the same path: the money is extracted from the country to never be seen again.

Subsidizing certain industries or businesses the government distorts demand – the natural driver of economy – towards the things that people do not want to buy. Officially the subsidies serve noble goals: supporting the businesses, creating jobs, stimulating innovation, conserving the environment etc. However numerous recent abuses are sounding an alarm which is getting louder and louder day by day.

While individual social welfare aims at helping those, who have no opportunity to care for themselves (ideally!), corporate welfare claims to solve the imperfections in the market economy. Right there a careful reader will notice, that it would mean that policy makers would have to be able to design subsidies, that would make economy perfect. Far from that! The temptation of those in position of power to dispense taxpayers' money to the 'needy' businesses to benefit from their choices would be too great.

Federal farm programs in the US re-distribute wealth from taxpayers to a small group of relatively well-off farm businesses and landowners. The United States Department of Agriculture figures show that the average income of farm households has been consistently higher than the average of all U.S. households. In 2010, the average income of farm households was \$84,400 – or 25% higher than the \$67,530 average of all U.S. households. Moreover, the majority of farm subsidies go to the largest farms. For example, the largest 10% of recipients received 68% of all commodity subsidies in 2010³.

The US Federal Housing Administration (FHA) drives private mortgage insurers out of business by guaranteeing 100% of the low down payment mortgages. The private insurers cannot compete with FHA with its unlimited taxpayer funds.

Water subsidies to the farmers in the states of US West lead to growing crops where it is inefficient and to over-consumption of cheap subsidized water. And then taxpayer pays even more to fix damage to the bodies of water in those regions.

Free market economy of the Western countries is based on competition. The subsidies to some industries or businesses are doomed to distort the market conditions and make competition unfair to the other industries and businesses, decreasing overall performance of economy. Subsidizing the economy is not a zero-sum game. Not 100% of taxes allotted for the subsidies in a budget will get to the destination.

Huge government bureaucracy created to collect, allocate, dispense and monitor the flow of subsidies has its own cost. As a result, extracting money from the successful businesses as taxes hurts their success; unproductive bureaucracy takes a share of those taxes; unsuccessful businesses operate less efficiently than they would under free competition due to demotivating influence of government backing. The net long-term result for the economy is inevitably negative. Again, this is pure math that the government does not want to understand.

³Corporate Welfare in the Federal Budget, Tad DeHaven, Policy Analysis, No.703, Cato Institute

7.3 Foreign aid

Nothing can be more ludicrous than the concept of steady financial aid to the 3^d world. The flow of cash to the African, Middle Eastern, Asian and South American tin-pot dictatorships is enormous: billions of dollars in aid flow every year to the countries that oppress their citizens, deny them basic human rights, fight occupational wars against their neighbors, commit genocide and support terrorism.

How is that possible, you should ask yourself? Your own government steals money from you and the rest of your country to give to the people you should abhor. Quite obviously, not even close to 100% of the money reach their intended destination. This institutionalized robbery is only possible due to the kickbacks that the 3^d world tin-pot dictators return to those of whom depends the dispensation of aid.

Has forensic audit of the foreign aid been done? Except of course the UN ‘food-for-oil’ scandal, there has been no significant effort to find the money trail.

While the Western economy was growing at high rate, giving aid to the less fortunate, friendly countries could make some sense. However in a more than a decade-long recession foreign aid becomes absolutely immoral.

In a new foreign aid scandal which has shocked even hardened observers, British taxpayers will pay for textbooks for three million Pakistani pupils and a third of a million female pupils will receive cash handouts while the education budget in Britain is targeted by the government for millions of pounds in “savings”.

Sudan government is trading on billions of US dollars worth of free food aid from international donors. The scheme involves feeding the domestic market with food aid to save locally produced food for the export market. Accordingly Sudan is growing and selling vast quantities of its own crops to other countries to capitalize on high global food prices. This is despite the fact that millions of people in its war-ridden region of Darfur barely have enough to eat. Last year, the United States government, as part of its response to the emergency in Darfur, shipped in 283,000 tons of sorghum at high cost from as far as Houston, the US newspaper noted. Oddly enough, that is about the same amount that Sudan exported according to United Nations officials. This year, Sudanese companies, including many that are linked to the government in Khartoum, are on track to ship out twice that amount, even as the United Nations is being forced to cut rations to Darfur.

At the moment, food is purchased by US Agency for International Development (USAID) in the USA and shipped to where it is needed. This transportation accounts for 60% of the total cost of aid and takes 3-6 months to arrive at its destination. Once it has been delivered, a portion of the food is sold by the aid agencies at local markets to fund their development projects in the area. This is called “monetization”. This has cyclical consequences: not all the food goes to the hungry → local markets are flooded with American products, which are preferred by consumers → local growers cannot sell their produce at a fair price → local growers become impoverished and become part of the hungry.

In this way, more than $\frac{1}{3}$ of every dollar spent on foreign food aid is wasted and benefits large corporations instead of the hungry. On top of vast inefficiency of foreign aid, it was plagued by numerous corruption scandals:

- PMU 18 scandal in Vietnam, 2006, where officials at the Ministry of Transport squandered millions of dollars in foreign aid on soccer betting, prostitutes, luxury vehicles and bribes.
- Iran-Contra scandal in Iran and Nicaragua, 1886. The members of executive branch of US government sold weapons to Iran in exchange to release of US hostages. Some of the proceeds were diverted to fund anti-communist rebels in Nicaragua.
- In October 2004, a Federal Bureau of Investigation (FBI) team procured documents of the Islamic American Relief Agency (IARA), a group suspected of having ties to terrorists. The FBI team

found evidence that at the same time the group was receiving millions of dollars from the U.S. Agency for International Development (USAID), its overseas partners were channeling a large chunk of funds directly to Osama bin Laden.

- In 1994 the US gave China the Most Favored Nation status worth US\$7-15 billion despite countless violations of human rights.
- Following six years of international economic sanctions, Iraq resumed its export of crude oil in December 1996 under the Oil-for-Food Programme. Several years into the Programme, Iraq realized that it could generate illicit income outside of the United Nations' oversight by requiring its oil buyers to pay 'surcharges' between ten to thirty cents per barrel of oil. Payments flowed mostly to Iraqi-controlled bank accounts in Jordan and Lebanon, as well as by cash deposit to Iraqi embassies in Moscow and elsewhere. The Iraqi regime ultimately derived US\$228.8 million of illicit income from the payment of surcharge. Iraq's largest source of illicit income from the Programme came from 'kickbacks' paid by companies that it selected to receive contracts for humanitarian goods. Iraq derived more than US\$1.5 billion in income from these kickbacks.
- Global Fund to fight Aids, Tuberculosis and Malaria, set up by Bono, was accused of pilfering up to $\frac{2}{3}$ of US\$20 billion contributions, citing faked invoices, phony training events and other abuses, chiefly involving health ministries in some African countries. For Fund insiders, that was nothing new: evidence of the misuse of US\$34 million paid out in Mali, Mauritania, Djibouti and Zambia became public knowledge in earlier that year.
- Governments in Africa south of the Sahara, which are currently receiving US\$80 billion p.a. in official aid, are to be given \$125 billion a year by 2010. However, the US\$1 trillion transferred to governments in Sub-Saharan Africa over the past 50 years has produced woefully little benefit for the majority of Africans. Indeed, with few exceptions, African per capita incomes have fallen⁴.

7.4 Election of the socialist governments

The fact is that socialism permeated the West through UK first. Remember, the UK was the first country to recognize Russian Bolshevik government in 1920? How was it possible, that a former Russia's ally so quickly recognized the rebels it was supposed to fight?

In April 1920 Harry Pollitt joined forces with Tom Bell, Willie Gallacher, Arthur Horner, Arthur McManus, Helen Crawford, A. J. Cook, Rajani Palme Dutt, Hubert Inkpin and Willie Paul to establish the Communist Party of Great Britain. The West was and still is strangely paralyzed with fear of turning its enemies into martyrs, otherwise someone would have just walked into the offices of CPGB and shot those monsters. This is a fallacy: imaginary martyrdom of our sworn enemies would have been short-lived and soon forgotten, but the damage from their subversive activity lasts for almost a century, just now bringing entire Western civilization to its collective knees.

The Communist party of Great Britain planted and entrenched its supporters in Labour party using the tactics developed by Vladimir Ulyanov (Lenin) and perfected by the Soviet secret service. Just a few years after the WWII Harry Pollitt told the gilded youth at Cambridge University: '...do not join us. Work hard, get good degrees, join the Establishment and serve our cause from within.' The injection was made, the infection was planted and started destroying the body that was Great Britain as the Communist devotees joined the Labour (and possibly Tory) establishment and executed the will of their Soviet handlers.

⁴Make Poverty History: Tackle Corruption, Wolfgang Kasper, The Center for Independent Studies, EXECUTIVE SUMMARY No. 67, 19 January 2006

Cozy relationship of UK Labour with Soviet Union included cash bribes handed to the Labour leaders by the Soviet spies as well as instructional and logistical support. The Labour Party's general secretary Ron Hayward even invited his Soviet handler Anatoly Chernyaev to the Labour Party conference in 1974 to 'spread the influence of Kremlin'. The Labour leadership provided Chernyaev with extraordinary access to the Trade Union leaders as well. The election of Margaret Thatcher slowed down, but did not stop sovietization of the UK. Once her government was defeated with direct help from Constantine Chernenko, the contemporary leader of the Soviet Union, the new Labour continued introducing dictatorial laws and policies as instructed by their Soviet handlers. In other words, as James Bond fought the Soviets on the movie screens, Britain in reality was under their tightest control. The tactics of distraction worked marvelously.

There was one attempt made in the US by the senator Joe McCarthy to weed the communism out of the government, business and other US organizations. Although senator McCarthy fought bravely, his efforts did not receive due support and his enemies entrenched in the government bureaucracy eventually had upper hand. Discredited and exhausted, Joe McCarthy left politics without achieving tangible results.

When the Castro brothers and Ernesto 'Che' Guevara took over Cuba, there was no assistance from the Western countries. Cuba was left in the hands of communists as the US government refused to become involved in the battle of the Bay of Pigs. President Kennedy was only forced to act when Soviet Union under Nikita Khrushchev began installing nuclear ballistic missile launch sites, targeting USA, in Cuba. The US involvement did not reach further than thwarting the installations, leaving Cubans with status quo.

The lessons of Cuba did not teach the USA much even during Vietnam war. Although involved in military confrontation with North Vietnam communist regime, USA did not have patience and resolution to fight this multi-faceted war with entire communist block and allowed the communists to defeat them and South Vietnam. The communist block countries paid billions of dollars in bribes to the Western celebrities, educators and media to sabotage the war efforts in the US with no counter-effort.

That propaganda campaign impacted the worldview of Hillary Rodham Clinton. It is not unreasonable to suggest, that the falsehoods spread by Vietcong in America have lead to her conversion from a strong republican to an ultra-left democrat. Her biography mentions that 'she began having more doubts about the war against communism in Vietnam – doubts fed by a Methodist magazine... as well as reports in New York Times'⁵

This is a left-wing traitor documenting her treason in her own biography right before our eyes. They are not even hiding – they are openly publicizing their treason.

Vietnam war is considered by the conservative thinkers a propaganda victory by the communist block over the USA. This is most likely not true and here is why. The alleged propaganda, produced and published in the West had to be paid for. The funds had to be transferred from the communist countries – Soviet Union, Red China and North Vietnam – to the accounts of the PR firms, writers, reporters and celebrities in the West. That transfer of funds could not go unnoticed in the USA, which was at war with North Vietnam. The only theory that can explain this PR failure of the US government is that the payments have been done legally, in full view of the US authorities and with their approval.

That brings us to a discovery: the US has been already sold to the communists top to bottom, they only used the war as a decoy to distract the right wing and create smoke behind which the deeply entrenched turncoats suddenly 'had a change of heart' (like Hillary Clinton in the example above). If the right wing could conduct forensic audit of the anti-war activists in mass media and among the celebrities, we could find the answers as to where the funds came from. This is not likely to happen.

⁵Living History, Hillary Rodham Clinton, ISBN: 0743222253, 978-0743222259

For the conservatives this was just a manifestation of freedom of expression – the free people freely exercising their right to have different opinion. Political right just left their opponents alone under protections of the 1st amendment. Unfortunately political left does not treat their opponents the same way – their usual and customary treatment of the opponents is with concentration camps and executions.

Election of Barak Hussain Obama a president of the USA is an act of incredibly irresponsible stupidity that is paving the way to the grave for entire Western civilization. Even if we would believe that Mr. Obama was who he said he was, his election has set a very dangerous precedent: that a God knows who from God knows where with ties to the known convicted criminals and terrorists, financed by God knows who and endorsed by the known criminals and terrorists, is electable as a president of the USA.

In reality the people of United States and the rest of the world know virtually nothing about Barak Hussain Obama. He and his campaign have shielded from scrutiny his birth, early age, education and much of his career. Despite the doubts about his birthplace, the full original birth certificate has not been released. It is unclear whether his father was a US citizen. Mr. Obama denied being a muslim, but evidence exists that he received muslim education and was registered as a muslim in Indonesia school system.

Even the membership of Mr. Obama in a Marxist terrorist organization ‘Weather Underground’, whose leaders openly discussed sending tens of millions of Americans to the re-education labor camps and executing those who would refuse or fail re-education, has not alarmed enough voters.

The past US presidents opened themselves to public scrutiny by releasing their health, education and employment records. Mr. Obama on the contrary has sealed all that. And he still was elected, proving that anyone is electable in this previously great country. He could be a Cuban spy with forged legend, ties to North Korean secret service and an associate of the African blood diamond traders and still be elected. This is a truly sad state of affairs in the previously great country. We have a suspected muslim, terrorist, criminal and communist who had no trouble being elected a US president. If this is not beginning of the end for Western civilization, we do not know what would be.

Currently the president Obama is destroying America one piece at a time, systematically and methodically. He is decreasing USA capacity in the strategic areas, such as financial industry (sub-prime lending introduced by the Clintons), energy supply (wind/solar energy subsidies, offshore drilling moratorium), medicine (universal health care), transportation (electric vehicle subsidies, ‘cash for clunkers’), defense (female infantry service initiative, NORAD relocation, abandonment of foreign bases) and virtually everywhere. The actions of this president qualify him for a trial for treason if viewed in entirety, but finding out who specifically is paying for the damage he is doing to the US would be most interesting.

Besides destruction of the US economy, this president will go down in history as the one who watched idly how Russian PM Putin gave Iran the nuke. He watched how the Mexicans ran North across Rio Grande, armed with ‘Fast and Furious’ BATFE supplied assault rifles, killing US border guards. He watched Hugo Chavez confiscating the land leases and property of the US corporations and did nothing.

He actively helped to install the radical muslim governments in Libya, Egypt and Syria, continuing work started by Bill Clinton in Bosnia and Kosovo. But it is hundred times worse that the US people saw all that and did nothing to stop him.

7.5 Union terror

The trade unions originally served as a watchdog over the employers who tried to squeeze every penny out of their businesses, sometimes taking shortcuts with safety and working conditions. Times have changed. Currently there are rigorous laws in place and the institutions that are tasked with controlling

safety at the workplace. Today's business owners are much better educated in terms of providing better working conditions for their staff and how that improves the productivity, than 100 years ago.

But the unions have not changed, at least not to the better. Today's unions are still the same task force that is hawking over the employers looking for the best moment to strike or re-negotiate the contract. Worse even, the unions have grown dramatically and intertwined with political parties and government bureaucracy. Besides charging the dues, there is very little of value that the unions provide to their members. In reality, the unionized workers have less rights and freedoms than non-unionized, as once the union says 'Strike!' everyone must go on strike. Those who do not will be harassed and bullied into compliance.

The phenomenon of trade unions has its roots in illogical misunderstanding of the freedom of association enshrined in many of the Western constitutions. Freedom of association does not mean that those, who entered into a voluntary contract between an employee and employer, can create an organization that would force an employer to alter the original contracts of the individual employees. Read this carefully, as this is important: freedom of association means that employees can organize into an association, but it does not mean that employer must associate with them by acknowledging the union's significance. Thus the labor laws are clearly unconstitutional in every jurisdiction where there is a right to make a living, such as in the US and Canada.

Unfortunately no one wants to touch this issue with a 10 foot pole and re-evaluate the legality of trade unions. The left wing politicians are already the unions' best friends. The center/right politicians do not want to completely alienate the powerful organizing force that mobilizes lots of voters, even though they know the unions are not their friends. The government of the day does not want to lose any single vote in the next election. The ordinary business owners do not want the trouble of lawsuits, strikes, sabotage and property damage. The left wing activists are all on the unions side.

Every year the unions go on strike, demanding higher and higher pay for the union members. As the US auto industry was going through bailout and bankruptcy, the unions were negotiating payments to those, who lost their jobs, for doing nothing. Due to pressure from the unions, the price of goods, manufactured in the Western countries, more and more consists of the pension plan cost for the retired union members.

7.6 Regulatory nightmare

The taxes, licensing cost and union-protected salaries and contract rates have been raising the bottom line of the Western manufacturers since WWII. Corporate income tax can be avoided, but the governments have been closing the loopholes and changing the accounting rules for the past few decades.

To achieve efficiency, business requires freedom in controlling the size of workforce according to the demand for the products or services. Flexibility in hiring and termination is necessary to adjust the expenses to the volume of sales. The laws that control minimum earnings and retention of personnel immediately hurt the business bottom line. Being unable to hire staff at less than prescribed minimum rate, the businesses are forced to look at the locations where such workforce is available on one hand, and there are no regulatory limits on wages on another. Being unable to terminate unwanted staff, the companies are reluctant to hire. Both types of laws hurt the business in the West. France is an example where there are hundreds times more companies with 49 employees than with 50 because at 50 the companies must abide by the strict human resource laws and regulations, that are too costly.

Licensing of each and every business activity is a reality of today. But very few realize that business licensing is unconstitutional in the jurisdictions that guarantee the right to make a living. Yet running a business means getting numerous approvals from all levels of government: from federal to municipal.

Business license have attached conditions that require business to open itself to inspections and the inspection regulations can be very intrusive, up to complete shutdown of operation for the violations no matter how minor.

John Stossel wrote about a process of opening a lemonaid stand in New York City⁶:

Here's some of what one has to do:

- Register as sole proprietor with the County Clerk's Office (must be done in person)
- Apply to the IRS for an Employer Identification Number.
- Complete 15-hr Food Protection Course!
- After the course, register for an exam that takes 1 hour. You must score 70 percent to pass. (Sample question: "What toxins are associated with the puffer fish?") If you pass, allow three to five weeks for delivery of Food Protection Certificate.
- Register for sales tax Certificate of Authority
- Apply for a Temporary Food Service Establishment Permit. Must bring copies of the previous documents and completed forms to the Consumer Affairs Licensing Center. Then, at least 21 days before opening your establishment, you must arrange for an inspection with the Health Department's Bureau of Food Safety and Community Sanitation. It takes about three weeks to get your appointment. If you pass, you can set up a business once you:
- Buy a portable fire extinguisher from a company certified by the New York Fire Department and set up a contract for waste disposal.

We couldn't finish the process. Had we been able to schedule our health inspection and open my stand legally, it would have taken us 65 days.

Clearly, that feeds many bureaucrats and their families and allowing this mess to be perpetrated was a very irresponsible thing to do for American people. The regulations have become so complex by adding huge volumes of new rules every year, that even the bureaucrats themselves often cannot tell the prospective businesses what is required for them to operate within the law. One of the authors tried to approach the municipality with the questions regarding licensing, and no one was able to tell us what licenses we were supposed to obtain, and from what institutions, but they were adamant that we did have to be licensed for the vendor permit to be issued, even though the same technical service could be provided by our customers to themselves without any qualification requirements and with no special tools or equipment.

Licensing of everything has become so widespread, that the private businesses sometimes become self-appointed controllers. When the authors tried to open an account with an agricultural supply company for their farm, they were told that they needed a license to buy fertilizer. The company official could not tell us what kind of license that would be, or who would be issuing that license, but was adamant that each of their product required a license. After several phone calls we managed to convince the official that only application of pesticides and herbicides required licensing in our jurisdiction.

Anti-money laundering (AML) and terrorist financing is a new legislative framework with which government has finally put their both hands (and feet) into the wallets of the nations. It was introduced as a solution to a problem of terrorist financing that came into spotlight after the terror acts of 9/11.

Under AML framework the business now bears cost of reporting customer accounts and transactions to the government. The governments established vaguely defined criteria and heavy criminal and civil

⁶I Tried to Open a Lemonade Stand, John Stossel, Real Clear Politics, Feb 24, 2012

penalties for the companies and their employees, contractors and suppliers for non-reporting. All staff of the financial institutions now has to be trained in AML at the company's expense, including the janitors and doormen. AML requires costly software to be installed that is supposed to extract, aggregate and report on data from the main business applications. But if it helps to catch terrorists and criminals, it is supposed to be good policy, you would think? Think again!

Under AML the governments mandated that all customer accounts have to be checked against government-supplied lists of names. Both bona-fide and corrupt, unscrupulous bureaucrats, both in the government and in the businesses can add random names to the lists, thus causing the business to report those accounts. There is a punishment for non-reporting, but there is none for over-reporting.

The government also labeled certain types of businesses as prone to money-laundering. Instead of having to find and prosecute illegal activities, the government outsourced law enforcement function onto the financial institutions without compensation and without any protection afforded in the normal process of law enforcement and criminal prosecution. The victim businesses and individuals do not know that they are under microscope: there is no warrant, judicial oversight, appeal, lawyer representation – the presumption of innocence has been thrown out.

The AML laws state that for a transaction to be reported, it only has to be unusual from the clerk's perspective, but the criteria are set so vaguely, that any transaction can be deemed unusual by overzealous employee, who is under constant threat of administrative, civil and criminal prosecution for non-reporting. It would be reasonable to suggest that threat of prosecution would cause over-reporting rather than under-reporting.

7.7 Business exodus to the 3^d world (outsourcing)

International outsourcing is crippling the West both short and long term. There are many aspects of outsourcing that make the process at this stage virtually irreversible. What is outsourcing? When a company lays off domestic workforce and moves production overseas, hiring foreign workers abroad, it is international outsourcing which we will refer to as just outsourcing. It is different from domestic outsourcing which is not a concern for the purpose of this book. Let me show you why.

At present no one is disputing that entire Western hemisphere is bankrupt. The governments exhausted taxation and switched to borrowing long time ago. Who are they collectively borrowing from is a mystery, as whole world is deeply in debt. From the banks? Unlikely, due to partial reserve system.

The banks need to borrow from the government in order to lend. If that was the case, the government would be borrowing from itself. However no one has suggested yet an explanation as to how we got here. But the reason is simple – we stopped producing and switched to re-distributing wealth. One thing Karl Marx was right about: surplus is created in manufacturing sector. When manufacturing sector left Europe and North America, creation of surplus has stopped and reverse process has started.

A rather peculiar article by David Muir of ABC News titled “Companies Move Manufacturing Jobs Back to America” came to our attention, but the reason was probably not the one intended by the author. He wrote:

A decade ago, a factory worker in China made 58 cents an hour. Today, wages are more than \$3.00 and there are predictions of \$6.00 an hour by the year 2015... Even though a worker in Bangalore makes \$20,000 a year and an American worker doing the same job makes between \$40,000 and \$60,000, CEO Tim Bryan said once other costs are factored in, the economics make balance out.

Significance of the quotation above is in the revenue that left our shores. The numbers give you an idea how much we have lost in unearned income since mass outsourcing has started.

The short term effects of outsourcing on the business is usually very positive. It lowers the bottom line by cutting capital and non-capital expenses, mainly labor cost. The workforce in the 3^d world countries agrees and is happy to work for a fraction of the salaries or contract rates in the Western countries. More often than not there is also no regulatory red tape, environmental regulations, labor laws, or they all can be bypassed for a bribe without fear of the Western company owners and executives that they might be prosecuted.

Long term results for the Western society and economy are, however, devastating. First, mass outsourcing tips the cash flow of the economy into the negatives. Let us compare domestic production with outsourced. While the taxes charged locally are used mostly for the purpose of building public infrastructure, such as roads, bridges, libraries, schools etc. here in the West, the taxes charged abroad from the outsourced company are used to build infrastructure overseas. That includes buildup of Chinese military and the funds they funnel to North Korea. India uses those taxes for a war with Pakistan and vice-versa. Indonesia and Malaysia funnel some of those funds through zakaat to the muslim terrorist organizations. The salaries and contract wages paid to domestic workforce would be spent and invested mostly locally. The taxes on that income are used locally, similarly to the corporate taxes mentioned above. But the overseas incomes and taxes on them would be spent overseas.

The consumer pays the same amount for the goods and services produced by the outsourced businesses, but that amount is divided into different portions. When the products and services were produced locally, almost every part of the consumer price went back to the people of this country, be it rent/lease of real estate and equipment, salary, taxes, corporate savings and investments. Consumer spending on the locally produced product funded the workforce that produced it and the consumer.

With outsourcing the situation changed dramatically. One portion of the price now goes to the overseas workforce and government, and it is the larger portion. The smaller portion is invested into the local economy only if China and India are interested in that. Thus it is obvious that long term outsourcing starves Western economy of cash, creating the debt crisis that we are witnessing. Without real hard cash the Western governments have no option than to borrow money. They can borrow only from those who have and that is now India and China and the rest of the 3^d world outsourcing destinations. We now owe the 3^d world. Is not that wonderful?

The fiscal consequences of outsourcing is only one side of the problem. When local workforce is laid off, it has to switch to another occupation, retire or get on government support also known as welfare.

That means that a country is losing the skills required to produce certain things. Industry is the major driver of education, which means that colleges and universities will no longer be able to train the students in the outsourced occupations due to lack of demand. After just one generation the country will no longer have an opportunity to repatriate the industries should situation become unfavorable in the 3^d world. There simply will be no one who would know the trade anymore. At the same time the 3^d world workforce will become more and more skilled, some of them will start their own businesses, invent new products and service, improve the existing ones and become more competitive than us. We are setting our world up for a collapse and defeat by willfully giving up our industry to the enemies and not so good friends.

Due to lax environment protection laws or lack thereof in the 3^d world, the companies can dump waste into waterways or into the ground, exhaust smoke into the atmosphere, contaminate soil – do all things strictly prohibited and monitored in the West. It is impossible for the Western companies to compete on this sloped playing field even if they wanted to stay here as the cost of doing business in China is many times cheaper than in the West.

7.8 Betrayal

Watching and reading the news you probably screamed many times:

What are you doing, traitors?!

Then you know what the authors are feeling. We are being betrayed and sold out to the enemies who came here to plunder and ultimately enslave us. Those are our two major ideological opposites: socialists and muslims. Unfortunately there are very few who understand the true nature, motivation and methods of traitors. Many on the right believe that the traitors are just those who exercise the freedom of speech by expressing their disagreement with us. Those who believe so underestimate the lengths at which the traitors are prepared to go: robbing of our society, indoctrination of children and alienation from parents, importation of violent religious fanatics from the 3^d world, militarization of law enforcement and construction of collectivist society. The traitors are so radicalized, that only remaining firepower of the people on the right side of political spectrum is preventing them from using violence against us. If that barrier falls, we are so out of luck.

Who are betraying us and why?

Educators

One cannot help but notice that the public school officials are the worst traitors. They will ban our national symbols, everything associated with patriotism, decency, pride in our history and culture, and install the rules forcing us to accept, tolerate and even respect the foreign cultures and all the atrocities they bring. They will turn a blind eye to bullying committed by the aliens or their children, but investigate and prosecute children of local white population for defending self, thus tying their hands and throwing them under the bus. Among the aliens they will side with muslims versus Christians, Hindus, and Sikh. Among the locals they will side with black children versus white. They always choose sides according to the level of aggression associated with race, nationality, religion or social status of the victim and perpetrator, prosecuting the least aggressive category and exonerating the violent. That tells us that the school officials are cowards right there.

The cowards cannot be allowed to educate our young generation, this is a very sad state of affairs.

Many of the teachers are marxists and they openly discuss marxist indoctrination of students at the various conventions that they attend. The communists in the school administration and school boards love everything destructive for our civilization. For example, Toronto district school board praised and sanctified Che Guevara in their 2012 event calendar, calling him “an inspiring political worker who wanted to change the way people lived and worked”. The document never mentioned executions without trial – murders in other words – that he committed with his own hands.

Why do the education bureaucrats betray us? It is inexplicable that people who enjoy the fruits of Western democracy and capitalist economy to the most (education is a very expensive business and it is taxes generated by free enterprise that fund education) are the worst traitors and haters of our society at the same time. We will most likely never find out, because this sort of people are not prone to telling the truth in response to questioning, and torture is frowned upon in our society. Short of capturing and torturing them, there is no way to find out what they actually want to achieve by betraying us.

As these people act irrationally, one can only wonder if they have been indoctrinated into collectivism and hatred of freedom, or are simply mentally sick.

Treasonous education bureaucracy managed to completely shield themselves from any responsibility, oversight and control of the society that funds it. Education in Canada is a provincial matter but the education acts of the provinces establish the school boards as corporations. Although fully funded by the government through the Ministry of Education, being corporations, the school boards do not report

to the Minister and the Ministry cannot compel the school boards and schools to act in accordance with constitution and the law. The school trustees, elected on municipal level, exert little power over the school principals. Essentially the principals are the ultimate gods at their schools, free to enact unconstitutional and illegal policies with impunity. Indeed, each principal refers to the school as ‘my school’ as if they own it! Such broken system is perfectly designed and fortified to serve the goals of educational bureaucracy. The only remedy for the students and their parents, abused by the school officials, is a costly lawsuit. With our finances overstretched by taxation few can afford to sue the school board.

Mass media

Another huge category of traitors are the mass media – the reporters, editors and publishers. They will distort the news to make local population look like monsters and sanctify the aliens. They make those who belong to the inferior cultures look like innocent victims of white oppressors. They will ignore the plight of locals, silence the critics of socialism and multiculturalism, use pejoratives to describe every act of resistance to the destruction of our culture thus demonizing the freedom lovers and fighters. The reporters and their bosses have their own agenda regardless of political affiliation of the news chains they work for. The same ‘right-wing’ reporter can be publishing right-wing ideas today while you are applauding them, but turn around and publish something completely opposite tomorrow as you will be reading in disgust, feeling helpless.

The media is skilled at using special language that they developed. You might remember Larry King describing the Korean shopkeepers who defended their business during the 1992 LA riots as having ‘all ingredients for confrontation’. Every firearm becomes an ‘arsenal of weapons’, a box of ammunition becomes ‘thousands of rounds of bullets’ and confiscation of firearm collection becomes ‘getting guns off the streets’. The media monopolies can spin the lies and bias the news however they want, portraying criminals as protesters, business owners as oppressors, religious fanatics as discriminated minority. Fact checking is the thing of the distant past.

Medical professionals

The doctors and dentists betrayed us rather quickly. They should have upheld the Hippocratic oath to ‘never do harm to anyone’ and to ‘keeping myself far from all intentional ill-doing’. The doctors and dentists are being silent about the health effects of free processed glutamic acid, fluoride, sugar substitutes and birth control pills, even when directly and specifically asked by the patients. They should have been alerted to the negative health effects even by anecdotal evidence, but they are silent even as volume of evidence mounts. Pharmaceutical industry keeps the doctors silent as billions of dollars of profit from sales of painkillers, anti-inflammatory and allergy medications flow into their bank accounts. As countless millions of people suffer from pain, allergies, fatigue, infections, obesity and other conditions caused by MSG and fluoride the doctors keep prescribing what the pharmaceutical industry tells them.

Medical establishment cares not for the patients and the strongest evidence to that can be seen every day: we can see the nurses wearing their hospital gowns outside. It is blatantly obvious, that storing the gowns at home, washing them in the regular washing machines, wearing them at home, in the streets and on public transit guarantees that broad array of microbes, dust, pollen and God knows what will be picked up by the fabric by the time they reach workplace. This is obvious to the educated, but millions of people living in the West do not know that as they receive no instruction on hygiene and biology as regards to disease-producing microorganisms. The end result of nurses wearing their gowns outside is increased risk of infections among the hospital patients, that has to be countered

with increased prescription of antibiotics and allergy medications. Several scandals shocked Canadian society when the patients were infected at hospitals, but as every corporate bureaucracy is skilled in converting problems into revenues, the infections have been blamed on ventilation systems. Someone won contracts for installation of updated ventilation ducts, filters and fans and the taxpayer picked up the tab.

Bureaucrats

And finally, government bureaucracy are the ultimate traitors. There are two categories of government bureaucracy: the short-termers in the elected government, who survive from election to election and will do anything to get elected; and the deeply entrenched career office bureaucrats, who serve any government and whose goal is to stick to the government job for their lifetime.

Those who work for the myriads of government institutions do that for money and benefits that they are hoping to extract from the government, such as health and dental plans, vacation pays, pensions and counseling (masqueraded paid vacations). Every time someone says something nasty, the news tell us that X number of government employees (including police) were treated by the grief counselors or something along those lines. These folks will go out of their way to never offend anyone during their government office tenure. Offended may write letters and complain to their superiors and nobody likes complaints. The public complaints is virtually the only reason why the government employees could be terminated (highly unlikely) or reprimanded. And nobody likes losing their job or being reprimanded.

This is why they bend hell over backwards to never offend anyone. Local population is harder to offend than the aliens, thus preferential treatment is given to the later.

Bureaucracy serves no one but itself. Their ultimate goal is to stay on the job for a lifetime and get a fat pension. The pensions of public sector are crippling Western economy. Every time someone tries to get a grip on the ever increasing public sector pension plans, their unions get up in arms and organize mass protests that are becoming dirtier and more violent by day.

Law enforcement

Among government bureaucracy police is worth a dishonorable mention as a treasonous organization, (although inexplicably at the first glance). They seem to be selected and trained to be the bravest, they carry guns, wear body armor and enjoy immunity from many sorts of prosecution. But police will still go out of their way to shield the aliens from responsibility by any means. They would rather go after local population but never seem to want to have anything to do with the aliens. You must have called police to the noisy parties thrown by your Indian, Middle Eastern or Caribbean neighbors, or to report other by-law violations such as scattering rubbish, slaughtering animals for food or illegal basement apartments that they build and rent to the marginalized elements. Police never seems to be willing to do anything. They are always day late and dollar short, and accusatory towards the caller, bordering on hostile.

The news articles from around the world demonstrate that police is afraid to prosecute the aliens for fear of being accused of racism. It looks like they either do not know definition of racism, or are willfully blind and complicit. Remembering that police budgets directly depend on crime rate and risk factor of population, their leaders are clearly interested as an organization in ever increasing influx of troublemakers of all sorts. As a result police will lobby for disarming of local Western population and increasing immigration, specially from the national, territorial and religious segments that contain the largest number of troublemakers.

Police will execute any order from their political masters, no matter how unconstitutional, unethical, immoral and illegal. They proved that time and time again by protecting the alien troublemakers

acting illegally and driving away, arresting and otherwise harassing the local population of the Western countries who acted within the law. Police jobs are not filled with the brave altruists looking to serve and protect – rather with the bullies who love interfering with other people’s business. These nosy bullies can be easily manipulated by their superiors using the method of carrot and stick into suppressing our rights and freedoms.

The actions of police during the recent muslim rallies in Canada and the US demonstrated that they are after the counter-protesters, accusing them of “inciting a riot” absent the actual threat of riot from the rally organizers. That is called going out of their way to accommodate. Only zakaat-funded bribes can explain such behavior.

Short-termers

If you ever volunteered during the elections, you would have noticed that many of the MP candidates come and go, and you never know where one comes from and why he is even running. That is what is on the surface. Look closer and you will realize, that the vast majority of the candidates are either lawyers, small business owners or real estate agents who will use their election for a free advertising campaign. Over 90% of the MPs have no political views whatsoever, while some of them espouse the views opposite to the party they run for! These will not touch any controversial issue with a 10 foot pole for fear of consequences for themselves after they served their term and returned into the ordinary society.

You can detect the about-face candidates and MPs by speaking with them during the campaign and writing them letters on the critical issues requiring their opinion after they have been elected. If they respond by sending you advertising or forwarding your letter, they are not your friends. Only if they respond to the matter, demonstrating that they read and understood your concerns, they probably are on the same side of the fence as yourself.

Since the monarchies fell in the West, there was no longer a single force that was interested in strong, solid society, cemented around the monarch. The governments of today were build on the principle of serving the people, but there was no promise made that just the people currently in the country would be served. Short attention span of general population did not catch on that important detail, and immigration resulted in the presence of our sworn enemies in our countries by now. The government of course has to serve them too. The only way to do that is to betray us.

With friends like that who needs enemies?

Surprisingly or not, even the individuals, movements and organizations that declare that they work for the individual rights, sometimes betray their official goal. Take for example National Rifle Association.

This organization on its face tells us that it supports the 2nd Amendment to the US constitution – the right of people to keep and bear arms. However NRA worked with the congressmen and senators in the run up to adoption of the 1930 Uniform Firearms Act, 1938 Federal Firearms Act and 1968 Gun Control Act. NRA actively supported each of those blatantly direct infringements on the right to keep and bear arms. NRA pushed pro-2nd amendment senators to support the Assault Weapon Ban (AWB) and ‘gunshow loophole’ legislation.

Those who believe NRA is a pro-rights and pro-2nd amendment organization should do their research and stop funding these sheep in wolf clothes, who allowed each and every attempt by the government to curtail the 2nd amendment to succeed. The anti-gun Congressmen and Senators sharply criticized NRA for opposing gun control legislation and that organization felt it was appropriate to write an article in

their defense⁷:

...The NRA supported The National Firearms Act of 1934 which taxes and requires registration of such firearms as machine guns, sawed-off rifles and sawed-off shotguns. ... NRA support of Federal gun legislation did not stop with the earlier Dodd bills. It currently backs several Senate and House bills which, through amendment, would put new teeth into the National and Federal Firearms Acts...

..The NRA supported The Federal Firearms Act of 1938, which regulates interstate and foreign commerce in firearms and pistol or revolver ammunition...

...The NRA supported the original 'Dodd Bill' to amend the Federal Firearms Act in regard to handguns when it was introduced as S.1975 in August, 1963. Among its provisions was the requirement that a purchaser submit a notarized statement to the shipper that he was over 18 and not legally disqualified from possessing a handgun...

...In January, 1965, with the continued support of the NRA, Senator Dodd introduced an amended version of his first bill, now designated 5.14 and expanded to cover rifles and shotguns as well as handguns...

This damning admission clearly shows that NRA supports all elements of gun control contrary to the 2nd amendment, therefore they are the opportunistic traitors. Thanks to NRA the Americans have even less rights than Canadians, even though Canadian government does not recognize historic right of Canadians to keep and bear arms. Indeed, while Canadians can own short barreled rifles (SBR) and shotguns under the licensing and registration regime common to all firearms, the Americans have to apply for a special permit and submit to registration with BATFE for each of the SBRs they want to own.

American Civil Liberties Union (ACLU) makes no distinction between prosecution of free speech and prosecution of terrorism in the name of islam. The efforts of ACLU to discredit the counter-terror efforts of US authorities concentrated on providing constitutional protections to the foreign national, captured by US military abroad as enemy combatants. Despite traditional interpretation of US Bill of Rights as body of law, applying to the Americans, i.e. the people who have legitimate connection to the United States, ACLU worked to extend the legal protections to those, whose goal and agenda was to kill as many Americans as possible.

However if you believed that ACLU was consistent in extending Bill Of Rights to the foreigners, you would be sadly mistaken. The right to keep and bear arms, reserved by the US authorities to the US citizens only, did not deserve attention from ACLU activists. The fact that foreigners, legitimately visiting the US, are barred from possessing firearms for self-defense on US soil, does not bother ACLU, as it does not fit their leftist agenda. Neither ACLU had interest intervening in prosecution of the victims of violent crime who shot their assailants only to be charged by police. Despite 'American' being the first word of their organization's name, the track record of ACLU represents the efforts to treat foreign nationals, harming the US, as if they were American citizens.

⁷WHERE THE NRA STANDS ON GUN LEGISLATION, 97-year record shows positive approach to workable gun laws, By ALAN C. WEBBER, Associate Editor, THE AMERICAN RIFLEMAN, MARCH 1968

Chapter 8

Crony capitalism

Who is stronger: a sick person, whose mind is pre-occupied by suffering from pain and ailments, or a healthy one? Silly question, you would say, of course a healthy individual is stronger!

How would you define an organization, that used its government connections to poison your food and water to generate income and covered it up by having corrupt doctors and scientists write faked research papers to convince the public that the poison was harmless? In my books that can be defined as subversive, treacherous or terrorist organization. In the previous centuries those who poisoned wells or food stores used to be executed on the spot. Not anymore.

Early in 20th century there was a scientist in Japan who was researching taste of Japanese seaweed. He was Kikunae Ikeda of the Tokyo Imperial University. He discovered that unique taste of seaweed was carried by glutamic acid and went on to patent the method for industrial manufacturing of its sodium salt – monosodium glutamate (MSG). Two years after the WWII MSG was introduced in the United States (sic!) by the patent owner – Ajinomoto Company. Betrayal has begun.

Ajinomoto has formed Glutamate Industry Council – a lobbying organization that pools funds of its licensees who manufacture MSG around the world. GIC then uses the financial pool to bribe unscrupulous corrupt politicians to shield MSG from scientific scrutiny, silence, harass and ridicule its critics and to erase negative publicity from the Internet (including Wikipedia). These efforts succeeded in concealing the numerous negative health effects of MSG and even in concealing the presence of MSG in food and drinks. Intensive lobbying efforts resisted every attempt to legislate mandatory labelling of food where free processed glutamic acid could be present¹.

It would seem that poisoning our food supply was bad enough. The crony capitalists went further and poisoned our water!

There are two theories on what lead to the adoption of barbaric practice of adding fluoride to water supply under the guise of preventing tooth decay. One theory connects fluoridation with the United States nuclear program ‘Manhattan project’, that exposed thousands of Americans to fluoride poisoning in the late 1940s. The assumption is that to shield the government from the lawsuits fluoride was pronounced harmless, necessary substance and a case was made to add fluoride to drinking water to demonstrate its benefit. The same scientists who worked for Project Manhattan were tasked with publishing papers on benefit of fluoride for dental health.

The other theory, and a more plausible one due to the timing, is that under pressure from communities whose water supply was polluted by sodium fluoride waste of Aluminium Company of America (ALCOA) in the 1930s, the company was forced to stop the practice of discharging waste into the rivers. Instead they organized advertising campaign for the municipalities around the US promoting... improv-

¹Dr. Russell L. Blaylock, *Excitotoxins: The Taste That Kills*, Publisher: Health Press (NM); 1 edition (December 1, 1996) ISBN 0929173252, 978-0929173252

ing dental health through water fluoridation. The same substance as what was previously discharged into waterways as waste was now sold to the same municipalities who tried to stop pollution. That solved the pollution problem and generated income for ALCOA at the same time. What a marketing genius!

The end result was that since the late 30s or early 40s of 20th century the United States started adding fluoride to drinking water. Later this practice was adopted in the other Western countries. Unfortunately for the people who started drinking fluoridated water, the positive impact of fluoride on dental health is minuscule and difficult to control and measure, but the severe poisoning causing bone and dental fluorosis is very common, but often misdiagnosed. One of the authors observed his friend becoming totally disabled due to bony growth in the joints around his entire body, but he was never diagnosed with fluorosis. None of the numerous doctors who examined that person ever mentioned fluorosis as a possible diagnosis.

That condition has several stages, most severe of which is considered crippling fluorosis, where bony growth in the joints makes movement too painful or impossible. The lesser stages range from no symptoms to some joint and tissue pain. Does it sound familiar? It does to the authors – at least half of the population of North America is complaining of joint pain, drowning it in painkillers. By coincidence, they live in the jurisdictions where water fluoridation is mandatory. Those who are hurting depend on health care and pharmaceutical industries, who are laughing at them all the way to the bank too.

This is how people around the North America and Europe are paying with their health for reluctance of ALCOA to deal with pollution problem and for its anti-human greed. For a few dollars ALCOA has betrayed the people of the very country that made its success possible.

Marijuana prohibition can be viewed from the same perspective as poisoning of our food and water, as it was a direct result of crony capitalism. Hemp was grown in America since its founding. Hemp fiber was used in agriculture, industry, army and navy. America was exporting hemp and hemp farmers prospered as the industry found more and more new uses for the fiber. That was not acceptable for the forest industry, as at some point hemp paper threatened competition with paper made of wood fibers.

Wood industry quickly lobbied US government into prohibition of marijuana. The official reason for prohibition was that Mexicans and Negroes smoked the plant and that negatively affected their moral profile. With one stroke of a pen it became felony to grow hemp and entire segment of agriculture was killed without much of a debate. It matters not that cannabis is the strongest painkiller that can help people with most severe pain when other medications fail.

In the view of the authors poisoning people's food and water and depriving them of the only naturally occurring painkiller that they can grow themselves is a diabolic anti-human plot, but it looks like the officials are not willing to share this opinion. The less happier the people are, the more government bureaucracy and law enforcement is required to maintain order. You connect the dots. The specific negative health effects of MSG, water fluoridation and sugar substitutes will be discussed in the later chapters. They are mentioned here to illustrate betrayal of the West by the crony capitalists that attached to the government like barnacles attach to a sea vessel and slow her down to a crawl.

Chapter 9

Islam

One of the strangest things to note is that we are living in a time when some of the Muslims are embarrassed to quote the verses and ahaadeeth on jihad in front of their kaafir friends. Their faces turn red because they are too shy to mention the rulings on the *jizyah*¹, *slavery and killing prisoners of war*. They wish that they could erase these verses and ahaadeeth from the Quran and Sunnah so that they would not be criticized by *this world with its backward principles* despite its claims to be civilized. If they cannot erase them then THEY TRY TO MISINTERPRET THEM and distort their meanings so that they suit the whims and desires of their masters. I will not say so that they suit their whims and desires, for they are too weak to have their own whims and desires, and too ignorant. Rather it is the whims and desires of their masters and teachers among the missionaries and colonialists, the enemies of Islam.

Umdat al-Tafseer, 1/46

Many in the Western countries have no idea what islam, needless to say how to treat the muslims. Those people are under erroneous assumption that islam is *just another religion* with its own share of moderate and radical followers.

There is no clear understanding that islam is unique in many senses:

- Non-reformable. Islam is cemented once and for all as quran is the last immutable word of god.
- Non-abandonable. Leaving islam must be punished by death at the hands of other muslims.
- Impossible to monitor. Islam prescribes muslims to lie to the non-muslims and forbids friendship of muslims and non-muslims.
- Incompatible with democracy. Islam prescribes replacement of all governments with single universal muslim government (caliphate), where non-muslims have no rights.
- Open to interpretations. The muslim clerics can manipulate muslims into believing just about anything in islam by interpreting verses of quran differently or in different order.

¹Head tax on the non-muslims

- Intolerant. Prohibition of non-muslim practices in quran is non-negotiable.

As it is evident from recent history, radicalization of muslims is an easy one-way process. Many are still surprised that so many young muslims, who either arrived in the West with their ‘moderate’ parents or were born here, quickly became radicalized and went to Afghanistan, Pakistan, Somalia etc. to fight for jihad after joining local mosques in the Western countries.

One should only follow the money to realize what is going on. Majority of the Western mosques receive funds from Saudi Arabia based wahhabi organizations. Wahhabi are the most orthodox and radical branch of islam. The more or less democratic governments of the other muslim countries are well aware of radical nature of wahhabism and simply ban it from their countries. The West, on the contrary, is dazed and confused with its multiculturalism and oblivious to the threat.

If otherwise normal healthy young males turn violent after speaking with clerics and commit to martyrdom by killing as many non-muslims as they can, there must be something wrong with the instruction, i.e. with quran and islam itself. And rightly so, something is wrong.

9.1 History of islam and holy war

Religion of islam was founded by a Meccan merchant-turned preacher Mohamed in 610 AD. According to the different accounts, Mohamed attempted preaching altered version of Judaism among the Jews, for which he was ridiculed, accosted and threatened. After an alleged attempt on his life, Mohamed fled to Medina with his followers, where he found more followers among the polytheist Arab population and organized them into militia. After accumulating wealth and increasing military might by raiding the Meccan caravans and nearby towns, Mohamed’s new army attacked and captured Mecca. From that moment began expansion of islam throughout Middle East, North Africa and other regions.

Eventually muslim forces came into contact with the Christian states of Europe and confrontation ensued, that culminated in several decisive battles that saw muslim forces defeated and islam pushed back away from Europe. The offensive wars fought by muslims against the countries with population following other faiths were mandated by the religion itself. The holy book which is a foundation of islam – the quran – contains a number of directives for the muslims to fight the followers of other faiths, who refuse to convert to islam or pay head tax. Thus it would be a mistake to explain hostility of the muslims towards the other faiths by the earlier injustices, defeats or other grievances that muslims have suffered.

Understanding of the reasons that cause muslims to attack other faiths is important for preservation of the freedoms, peace and quality of life in the West. That requires familiarity with the quran and basics of islam. For the purposes of this book, we will concentrate on the word to word translation of some verses from the quran, rather than on artistic translation.

The original quran was written in Arabic and according to the book itself, this is the only language in which quran should be read. All other translations of quran are considered invalid alterations, but the muslims still do translate the book into other languages in order to spread islam. Those translations are often intentionally sanitized by replacing the violent, gory verses with more civil versions. The authors read a few translations of quran into other languages, where the meaning of some verses was not just sanitized – it was the opposite of the original.

First of all, it is important to know the structure of quran. It contains two kinds of verses: from Mecca and Medina. The verses of the Meccan period are the so-called peaceful verses, that preach tolerance and co-existence with other religions. The Medinan verses are those that preach holy war and dominance of islam, subjugation and slaughter of the infidels. Under the principle of abrogation, the verses revealed chronologically later, cancel out the earlier verses. Without knowing this important principle, one might become confused with seeming controversy created by the verses with opposing meaning

in the different chapters of quran. The principle of abrogation and knowledge of quran chronology is the only way to know which verse is active, and which has been canceled.

As stated, the later Medianan verses preach holy war against the followers of other faiths on the following conditions:

1. The muslims must issue a message dawah to the non-muslims to convert to islam.
2. If the non-muslims, who received the message (dawah), choose not to convert, they must give up power and agree to take subjugated status, including payment of head tax jizya to the muslim authority in humiliating form.
3. If they refuse to convert or submit, it is obligation of the muslims to fight the non-muslims and kill them.

If we looked into history, this was exactly how islam expanded into the Caliphate in the 7th century. City by city, country by country, the muslims issued the message to convert, then attacked and captured the vast lands from India in the East to Spain in the West, from Saudi Arabia in the South to Uzbekistan in the North. The occupied areas were not previously muslim. The followers of great number of religions lived there before the Caliphate. Thus it would be invalid to justify modern day terrorism by the invasion of the Western countries into what is now considered the muslim lands. Any such invasion would be an act of liberation from islam, but for the muslims, once a territory has been captured, it joins the pool of muslim lands forever and any incursion of other faiths would be used as a justification for retaliation. This is what is happening in Israel, where muslim population of Gaza strip considers Israel occupied muslim land and denies that the Jews lived there prior to the 7th century muslim occupation.

Although islam enjoys equal protection with the religions in the modern democratic societies, there are several problems with that. First of all, islam does not reciprocate such protection. The Jews, Christians and followers of other faiths are being systematically harassed, intimidated, prosecuted and murdered in the muslim countries by muslims. They are forbidden from building new churches and temples, renovating and repairing the old ones, conducting religious ceremonies outside of the dwindling number of existing temples. Majority of the muslim countries have laws that prohibit construction of the new churches and synagogues, ringing the bell, blowing shofar, Christian proselytizing, processions and non-muslim religious media.

It is quite obvious, that when the laws of the modern democracies that pertain to equal protection of religion and freedom of conscience were enacted, islam was not present in the population of those countries. The most famous constitution – the US Bill of Rights of 1776 – was adopted during the confrontation of the muslim pirates with the entire Western world. No one in their mind would ever believe that the 1st amendment, adopted in 1789, during the open war with the muslim pirates by the newly established US navy, applied to the very muslims the US was at war with. If you asked James Madison at the time he introduced the Bill of Rights, whether his 1st amendment applied to islam, he would have said that the you were out of your mind. The authors are 100% sure that if at the time the Bill of Rights was enacted, the people of the United States were told that centuries later it will apply to the muslims, there would have been another civil war. According to the dictionaries, religion is:

“the service and worship of God or the supernatural being, commitment or devotion to religious faith or observance”

“a set of beliefs concerning the cause, nature, and purpose of the universe, especially when considered as the creation of a superhuman agency or agencies, usually involving devotional and ritual observances, and often containing a moral code governing the conduct of human affairs”.

The main problem with islam is that it is not simply a religion, but a total way of life, which has religious, political, legal, military, dietary, hygienic, medical, financial and other components. The major difference between islam and the religions (notice the lack of word ‘other’ before ‘religions’ !) is that islam requires establishment of specific global government – caliphate – which is supposed to last until the judgment day when all muslims are expected to fight non-muslims and exterminate them. That quranic requirement makes islam incompatible with all Western democracies that we know of.

Surprising indeed is support given to islam by the members of Western economic and scientific elites – their existence is directly threatened by islam. As opposed to the religions, islam requires specific foreign policy – holy war with the bordering and distant non-muslims countries. It requires specific law that covers both civil and criminal areas – muslim law known as sharia, that dictates how muslims have to treat each other and the non-muslims. According to quran, sharia law must replace the ‘man-made’ laws of the Western democracies. The totality of islam’s requirements to the people of our planet clearly distinguishes that doctrine from the religions. The set of specific requirements for the muslims regarding the treatment of each other and the non-muslims makes islam unacceptable in the democratic societies.

Some have expressed hope that islam can be reformed into a less violent form. That is a naive hope, as Mohamed cemented islam by pronouncing himself the last prophet (quran 33:40) and forbidding alteration of quran itself (quran 15:9).

The democracies of the West did not tolerate Nazism to a point where they were willing to suppress freedom of speech afforded to the other doctrines: it is illegal in many countries that consider themselves enlightened democracies to deny holocaust. However it is perfectly legal to preach islam including the passages of quran that call for inequality of women and non-muslims, for overthrowing of democratically elected governments and establishment of caliphate, and ultimately for terrorizing and killing of the infidels. By all standards islam is a militant criminal doctrine, but the Western governments have turned a blind eye to its violent components.

How can Western society preserve its democracy? It is currently unacceptable to expel the muslims living here on the premise of religious tolerance and freedom of faith. The solution is first to recognize islam for what it is – a militant political doctrine – and strip it of protected status provided by its recognition as a religion and remove charity status from the mosques. Continued free pass which part of our society gives to islam is suicidal. We are sitting ducks. The muslim radicals are very sly and sneaky when it comes to non-muslims trying to understand the quran. They are doing their best to hide true meaning of the verses by sanitizing the translations and omitting the concept of abrogation where the later verses cancel out the earlier one.

To understand the quran it is important to know exact chronological order in which the verse were ‘revealed’, not the order in which they were compiled for publication by caliph Utman or someone else.

Only when general public will actually read and understand the quran’s true meaning they can form informed opinion about the ‘religion of peace’. We live in difficult times when schools are dumping education for socialist indoctrination and frankly we are not holding our breath about Western public ever learning what they are facing until it is too late and there are burning cars and smashed windows in our streets.

For the muslims it is absolutely impossible to ‘rip the violent pages from the quran’ because according to quran itself, it is the final, immutable word of god. Alteration of quran is punishable by death. That explains why over one billion of ‘peaceful’ muslims are ‘peaceful’ only as long as they read and follow the sanitized versions of quran, translated into their languages. But as soon as they meet a Wahhabi preacher trained in a madrassa of Saudi Arabia, they become a ticking time bomb on the way to radicalization, violent jihad and terrorism. Reason being that Wahhabi are not some sinister devils in human clothes, twisting a scripture, but simply native Arabic speakers *who read quran in its original version and take it literally.*

It is quran itself and islam itself that make it impossible for their followers to coexist peacefully with other religions and the atheists. The Christians and Jews are better off for the time being (until the 'last day' when Allah will order to exterminate them), while the polytheists and atheists are destined for slaughter at any time. Also, contributing to violence of islam is the fact that Mohammed is prescribed as a role model for all muslims and history of his life, a-hadith, celebrates the murder, pillage and child molestation that he has committed.

9.2 Alms

Giving alms for support of the poor and to assist spread of islam, which is called *zakaat*, is one of the five pillars of islam as defined in the quran. It is recommended for every muslim to give from 2.5 to 20% of their accumulated wealth to the so-called zakaat committees annually, preferably at the end of every Ramadan. There are over one billion muslims on the planet today, and about 1 in 10 of them give zakaat. Even if each of them gave only \$1.00, that would be one hundred million dollars to spend on assisting the spread of islam every year. In reality the amount is much larger, although difficult to estimate as no one ever conducted an audit of those who collect and distribute the funds. This multi-billion dollar economy exists in the shadow of its charity status and responds to no legal authority. We do not know if the amount of zakaat is 100 or 500 billion, or one trillion dollars or more.

This huge sum of money is what explains protected status of islam in the West, steady flow of muslim immigrants and refugees into the Western countries, construction of mosques, acquisition of real estate for islamville compounds in Tennessee, South Carolina and other states, arrests of non-muslims attacked by the muslim mobs in Illinois, murder of non-muslim in Holland by a muslim policeman who was called to investigate muslim mob etc. Forensic audit of all zakaat payments, muslim charities and discovery of how those funds are being funneled to the corrupt political figures in the West and the terrorist organizations in the Middle East and throughout the world is the foremost task for the population of the Western countries if they want to preserve the democratic freedoms, prosperity and safety. It is likely that protection of islam in the West and oppression of the islam's opponents is not just caused by cowardice and threats of violence, but by steady flow of bribes from the mosque officials into the pockets of the political elites of the Western countries. People will do anything for cash, specially the politicians, and this chunk of cash is enormous. Even if zakaat is not used to bribe our politicians, them knowing about amount of collected zakaat is enough to be scared and not willing to confront islam. Rightfully, zakaat can buy lots of nasty things, up to assassinations.

Clearly, having so huge amount of money at their disposal, the muslims do not have to need financial aid from the West. However the Western countries systematically provide aid to the muslim countries: cash, food, technology and weapons. Careful reader will connect the dots: portion of that ends up in zakaat pool, aiding the terrorists the West is trying to fight.

Once the muslims arrive into the Western countries, they immediately establish the mosques (sometimes called 'islamic centres' to disguise their true nature). The mosques apply for charity status that gives them tax exemption. Being tax exempt, the mosques and the zakaat alms they are collecting are not on the radar of revenue authorities and exempt from anti-money laundering and terrorism financing oversight, even though they fall into AML definition of high-risk cash-based transactions, performed by highly suspicious cash-based business entities with no record keeping.

Zakaat has all features of *money laundering and terrorism financing scheme*, but it would not be complete without worldwide system of trust and clearing called *hawala (hundi)*. Hawala allows the movement of funds across the borders without employing services of banks and other financial institutions. It is based on trust among the muslims and is implemented by offsetting debts among two

or more individuals². In their book ‘Alms for Jihad’ Burr and Collins provided insight into operation of hawala that is important for understanding of financing of global jihad. The largest and riskiest from the perspective of terrorism financing slice of muslim wealth is therefore shielded from the law that was introduced for exactly that purpose – to prevent terrorism financing.

The West is really in quite dire situation: there is large number of religious fanatics, hell bent on converting all of us to islam, in our midst. They are backed by huge sums of money raised worldwide that can be quickly transferred anywhere and to anyone without any trace. Not only the temptation to have a share of zakaat as bribes can arise among government bureaucrats in the West, but also temptation to control the zakaat/hawala industry in order to divert it into the official financial system and generate bank fees from its transactions. That would explain why the plug has not been pulled on collection and distribution of islamic alms for jihad.

Behavior of our politicians and their law enforcement lapdogs demonstrates that they have been bribed into obedience and threatened into fear with violent, terrorist reputation of muslims. Who can then investigate the collection of zakaat and distribution of bribes, if both government and law enforcement have been corrupted? The only workable solution is to physically remove all muslims from the Western countries, regardless of citizenship status, race, age, sex, employment, property ownership, criminal record, disabilities etc. Only complete removal of all muslims can slow down degradation of our society into subjugated dhimmi, forced to fear the muslims and obey their orders. The governments will not implement the removal – they will oppose and fight it, fortifying the mosques, providing security protection to the imams and individual muslims with their puppet police and military. Only the people of the West, who despise islam and are unwilling to convert, submit or be slaughtered, can and must take that job onto themselves.

The West holds dear its tradition of religious tolerance, established well before it replaced monarchies with democracies. However, from the description, it is obvious that religious tolerance applied to the branches of Christianity, that only existed in the Western society at that moment. Obviously, religious tolerance and corresponding protections in constitution and law, did not apply to islam, as many of Western states were at war for survival with the muslim savages back then. Islam was, figuratively speaking, blindly grandfathered into protected status as a religion when it arrived on our shores. Automatic application of recognition as a religion and corresponding protection is a mistake, a deficiency of Western constitutions and laws, that should be reviewed and corrected. Until then we find ourselves in a ridiculous controversy: on one hand, our fundamental law guarantees freedom of speech and faith, on the other the militant doctrine of islam requires everyone to convert to that religion. Practicing both doctrines in the same country is impossible, one has to give up and it should not be our democracy.

It is impossible under the existing – incomplete and naive – Western laws to deal with the threat of islam backed by zakaat. Only recognition of islam as not a religion, but complete way of life, militant socio-political doctrine, seeking to depose the democratically elected governments and replace democracy with oppressive theocracy, could be the first step on the way to saving our civilization as we know it. The sooner that will happen, the fewer lives will be lost to terrorism and defensive actions. There is no question whether it must be done, only how soon it can be done.

9.3 Terrorism in islam

The main book of islam – quran – contains two verses that together provide the following instruction: the actions of muslims are in fact the actions of god Allah, not of the individuals who commit those actions (8.17), and that Allah will strike terror into the hearts of the non-muslims (8.12). In plain

²Alms For Jihad, J. Millard Burr, Robert O. Collins, Cambridge University Press, 2006

English this is a direct order to the muslims to commit acts of terror against those non-muslims who have received the message to convert but have not done so. This also takes responsibility for terrorism away from the muslims and provides an excuse for their crimes.

The muslims are given much freedom in the means of terrorizing the non-muslims. The preferred method of killing the non-muslims according to quran (verse 8:12) is severing the head. Cutting off the heads of non-muslims is a widespread practice among the muslim terrorists according to many news and police reports from the countries such as Iraq, Afghanistan, Bosnia, Kosovo, Chechnya, Tunisia, Syria and many others.

It is recommended for the muslims to not use Allah's punishment (fire) on the non-muslims. Apparently that does not seem to apply to the explosives. The explanation is pretty simple: there is no prohibition in the quran against use of fire (the Allah's punishment) against the non-muslims, it is only a quotation attributed to Mohammed by Ibn Abbas in the hadith³, thus not compulsory for the muslims. The most notorious acts of terror have shown us that the muslims would use fire to terrorize with no restraints, just like any other means, including the weapons of mass destruction. Those who want to safeguard themselves against the acts of terror should follow several simple rules.

- Be alert, always aware of your surroundings, assume full responsibility for your own safety. Watch for the signs of pending act of terror such as veiled persons kneeling and praying or someone yelling 'Allahu akbar' in public for no obvious reason.
- Travel by car, not by public transit. Avoid the large bridges and traffic jams. Individual vehicles and their occupants are vulnerable only when large numbers of them can be impacted with a single explosive device.
- Meet the arriving persons at home/office rather than at the airport or terminal. Hire a limo instead.
- Live in a house rather than in an apartment building. Maintain alternative emergency escape routes.
- Avoid large public gatherings where attendants do not know each other and access can be controlled by a small number of armed people, such as in the convention centres. It is relatively safer to attend picnics in the open spaces. Leave if you observe veiled persons or known muslims.
- Carry a concealed firearm or two and some spare ammunition as situation permits in your jurisdictions.
- Carry a fixed blade or folding knife with reliable blade locking device and/or a multitool.
- Have a backup shotgun or carbine in your vehicle with ample supply of ammunition and at least one machete or sword and axe or hatchet.
- Work in the low-rise buildings, avoid skyscrapers, or work from home/vehicle.
- Do not hire muslim employees/contractors and let go those who already work for your company. Pre-screen the resumes for the muslim names to protect yourself from pesky complaints and lawsuits. If you decide to hire muslims, document in writing the attire in which they show up for an interview/hiring and document any changes in the attire after they were hired. Ask witnesses to certify the records.

³Sahih Bukhari 4:260

- Do not sell/rent/lease real estate to the muslims. Evict those who are already renting/leasing. The authors have viewed many properties owned or rented by the muslims and all were incredibly filthy and smelly due to the food ingredients and cooking methods they utilized. As every muslim family is a ticking time bomb on the way to terrorism, renting to the muslims may open you to lawsuits should they use your property for illegal activity (up to forfeiture).
- If you are a doctor, do not take muslim patients. Ask existing muslim patients to seek another doctor. Do not treat them properly while they are still your patients. Aim for infertility.
- Take pictures of the license plates of the vehicles parked at the mosques and the homes of the muslims and post collections on the Internet. Let it be known to them that they are being watched, registered and tracked.
- Search the internet for the mosques, islamic centers and schools in your area, have their addresses, phone numbers and listings of key officials on hand for a reference.

One important but often overlooked rule of safety in relation to muslim terror is to wear strong and reliable footwear that would allow you to do short sprints safely, without risk of tripping and twisting your ankles. If you would notice women in head to toe burka suddenly starting to pray in public and you would want to escape pending explosion of her suicide vest, you want to have good traction if you decide to run for your life.

Unfortunately running is efficient only in small number of terror acts, as recently the advances in technology allowed the terrorists to build remotely controlled bombs, so that even the suicide bombers wearing the explosives on their body do not know when the actual explosion will take place. This is why the authors cannot recommend shooting the terrorists – even their dead bodies might explode at any moment. The solution to terrorism is only one – to remove the terrorists from our midst.

Terrorism is a very efficient means of achieving the goals of the muslims. Even just a veiled threat of terror makes modern politicians to cower and hide. Just the reputation of being terrorists helps muslims to have all their demands fulfilled. It works wonders with our bureaucrats. The muslims rage and tell the bureaucrats that they are raging because the West makes movies about muslim terrorists, portraying them (quite fittingly) as cold-blooded monsters. The raging and threats of violence make the West stop making those movies. Does the raging stop? No, on the contrary it escalates. The bureaucrats ask the muslims what is enraging them now. The muslims tell the bureaucrats that it is Christmas decorations at the supermarket. There goes Christmas decoration. Do the muslims stop raging? No, another escalation occurs and so on.

9.4 Stealth holy war by immigration to the West

At first it seems to be illogical that there are so many muslim immigrants and refugees in the nonmuslim countries of Europe and North America. Should not the muslims tend to migrate in the opposite direction? It is only illogical when viewed from the non-muslim's perspective.

The muslim migrants to the West are the soldiers of Allah and their immigration is a way to fight the holy war against the non-muslims. They arrive here, with their faith protected by the freedom of speech and religion statutes of the Western democracies and very patiently work to undermine, weaken and take over our societies.

Dr. Peter Hammond writes⁴ that the following percentages of muslim population in any country create the following conditions:

⁴Slavery, Terrorism and islam: The Historical Roots and Contemporary Threat, Christian Liberty Books ISBN 0958454981, 978-0958454988

- As long as the Muslim population remains around or under 2% in any given country, they will be for the most part regarded as a peace-loving minority, and not as a threat to other citizens.
- At 2% to 5%, they begin to proselytize from other ethnic minorities and disaffected groups, often with major recruiting from the jails and among street gangs. You probably noticed that criminal news are showing presence of muslim names in the gang crime reports.
- From 5% on, they exercise an inordinate influence in proportion to their percentage of the population. For example, they will push for the introduction of halal (clean by islamic standards) food, thereby securing food preparation jobs for muslims. They will increase pressure on supermarket chains to feature halal on their shelves – along with threats for failure to comply. If you suddenly noticed halal food in the stores, that is where you are. At this point, they will work to get the ruling government to allow them to rule themselves (within their ghettos) under Sharia, the islamic Law. The ultimate goal of islamists is to establish Sharia law over the entire world.
- When muslims approach 10% of the population, they tend to increase lawlessness as a means of complaint about their conditions. In Paris, France we are already seeing car-burnings. Any non-muslim action offends islam, and results in uprisings and threats, such as in Amsterdam, with opposition to Mohammed cartoons and films about islam.
- After reaching 20%, nations can expect hair-trigger rioting, jihad militia formations, sporadic killings, attacks on and the burnings of Christian churches and Jewish synagogues.
- At 40%, nations experience widespread massacres, chronic terror attacks, and ongoing militia warfare.
- From 60%, nations experience unfettered persecution of non-believers of all other religions (including non-conforming Muslims), sporadic ethnic cleansing (genocide), use of Sharia Law as a weapon, and jizya, the tax placed on infidels.
- After 80%, expect daily intimidation and violent jihad, some State-run ethnic cleansing, and even some genocide, as these nations drive out the infidels, and move toward 100% Muslim.

It would be much wiser to rid the West of muslims right now, before it is too late. There will be way fewer innocent victims of this process now, than later. Deporting the muslim immigrants and refugees back to the countries they have come from, together with their offspring who were born here, and terminating those who will refuse to leave will be far more humane now towards entire Earth's population than cowardly keeping status quo. While muslim population in the West is just mere few percent, such preventive acts will result in much fewer victims on both sides, several powers of 10 lower than if the West will wait until muslim population reached 5, 10 or 20%. But we are not holding our breath. No one will do anything, everyone in the West is either too indoctrinated into suppressing their self-preservation instinct, or complacent with multicultural suicidal policies, or just frightened of government enforcing our laws on misguided premise that they equally apply to islam.

Until islam is stripped of its protected status as a religion, and it is revealed that it is just a militant political doctrine of a sociopath Mohamed, based on his hatred and vengeance, we are sitting ducks.

But carefull reader will ask: What about 100% muslim countries? Dr. Peter Hammond continues:

- 100% muslim population will usher in the peace of 'Dar-es-Salaam' – the islamic House of Peace. Here there supposed to be peace, because everybody is a muslim, the madrasses are the only schools, and the quran is the only word. Unfortunately, peace is never achieved, as in these 100% states the most radical muslims intimidate and spew hatred, and satisfy their blood lust by killing

less radical muslims, for a variety of reasons. When muslims run out of non-muslims to kill, they start killing other muslims for being wrong kind of muslims.

Fortunately for us, many Western countries offer citizenship to the migrants on the certain terms, which is to declare loyalty to the laws of the country whose citizenship they are seeking. Canada requires those who are applying for the Canadian citizenship to take an Oath of allegiance to Her Majesty the Queen of England. But as quran (63:8) states that muslim law is superior to all ‘man-made’ laws, then every muslim who took the Oath and became a naturalized Canadian citizen, has lied on the Oath. Indeed, one cannot simultaneously put Allah’s law above all, and be loyal to the Queen of England as well as swear to abide by the laws of Canada. Thus there is legal path to deportation of every muslim who is a naturalized citizen of Canada. The readers should do their own research and find out if there are similar legal provisions available in their countries.

9.5 Approach to islam

Western population should adopt the following approach to islam if it wants to preserve our life, liberties and prosperity:

- Understanding
 - Obtain and read a copy of English translation of quran.
 - Become familiar with the concept of abrogation in quran.
 - Research present situation with regards to islam in your region.
- Containment
 - Discontinue accommodation of muslims.
 - Work towards changing the laws to specifically curtail islam.
 - De-fund muslim institutions and strip them of tax-free status.
- Suppression
 - Eliminate muslim immigration and asylum.
 - Isolate muslim population from jobs, education and government services.
 - Work towards creating impossible living conditions for the muslims.
- Removal
 - Work towards deportation of muslims.
 - Create conditions for conversion of muslims into other faiths.
 - Destroy the mosques and sabotage other islamic institutions.
 - Injure and kill muslims in a manner to make religious motivation clear.

Sounds horrible, does it not? Only for the confused! The systemic approach above is not something the authors have concocted in our perverted and psychopathic minds – this is just a re-telling of the approach that muslims are using towards the non-muslims in the majority muslim countries or majority muslim areas of the countries with large muslim minorities.

Indeed, the muslims forbid spread of Christianity, Judaism, Hinduism, Buddhism and other faiths in the muslim majority countries. Their sharia laws specifically ban not just proselytizing of other faiths, but mere display of other faiths and building of the places of worship in the muslim countries. Muslims systematically use threats and violence to intimidate the followers of other faiths into emigrating. Some muslim countries practice mass deportations of non-muslims, contrary to international law, totally ignored by UN. Violence is used to forcefully convert followers of other faiths into islam. The acts of violence are widely publicized via mass media and Internet.

If that is a systemic approach of muslims towards the non-muslims, then mirroring that approach in the West should be justified and fair practice, par for the game. We have tried different alternatives since 7th century, but nothing worked. Only stupid keep trying the same failing methods over and over.

The muslims come to the West and demand a right to build the mosques while nowhere in the muslim countries the Christians can build the churches.

The muslim women demand a right to testify in court and be photographed on driver license with face fully veiled while in muslim countries their testimony is worth only $1/2$ of male's testimony and they are not allowed to drive at all to begin with.

The muslims demand foot baths at the airports in the West, but they forbid Christian religious processions in the muslim countries.

The muslims in the West demand amendments or exemptions to the local no-noise by-laws to install loudspeakers on the minarets but in the muslim countries they forbid tolling of the bells.

The muslims in the West fly under the radar of animal cruelty laws with halal slaughter, where animal's throat is slit and it bleeds to death in agony, but in the muslim countries they forbid non-muslim men and women from walking hand-in-hand or drinking beer.

This barbaric, intolerant, murder-suicide cult has to be treated in the West same way as they treat non-muslims. We are not advocating any special treatment – just one to one reciprocation. Our misguided laws, including hate speech and hate bias laws must no longer protect the sworn enemies of our society.

Chapter 10

Niche doctrines

Only a virtuous people are capable of freedom. As nations become corrupt and vicious, they have more need of masters.

Benjamin Franklin, Letter to Messrs Abbes Chalut and Arnaud, 17 April 1787

Throughout the history there have been individuals whose crazy ideas found large audience and madness ensued. Several of such doctrines are impacting global economy and each of us personally as we are writing this. The names of Harry Politt, Pierre Elliott Trudeau, Al Gore, David Suzuki, George Soros, Maurice Strong come to mind when we start talking about the modern harmful and dangerous doctrines bordering on cults.

10.1 Multiculturalism

The importance of genetic continuity is an end in itself, for humans as well as for other species... The genetic distance between English and Bantus is so great that, on the face of it, competition between them would make within-group altruism among random English (or among random Bantu) almost as adaptive as parent-child altruism... Thus it would appear to be more adaptive for an Englishman to risk life or property resisting the immigration of two Bantu immigrants to England than his taking the same risk to rescue one of his own children from drowning...

Frank Salter, On Genetic Interests

The notion that all cultures are equal is laughable, but there are many supporters of that notion in the West. Enshrining multiculturalism in the democratic laws was a big mistake (or better put, it was a big mistake to allow the government to make this calculated move – remember zakaat money mentioned above?) Tracing the roots of multiculturalism, the authors found that they lead to the former Soviet Union's Communist party. The doctrine of multiculturalism was apparently used by the Soviet special services as a socio-political weapon of mass destruction against the West by means of corrupt politicians such as Harry Politt of UK Labour party and British trade union leaders such as Jack Jones; Pierre

Elliott Trudoe and Maurice Strong of Liberal party of Canada, Franklin Delano Roosevelt of the US Democratic party and many more collectivist politicians around the world.

For many in the West those are just the people who disagree with us, exercising their right to freedom of speech. In reality they are dangerous psychopaths, bent on destruction of Western society.

In the first chapter of this book the authors established criteria for quality of life and freedom. Very similar criteria can be used to grade the different cultures. Apparently, the culture with highest wealth and life expectancy, lowest crime rate, highest happiness and satisfaction with the conditions of the population is the higher advanced culture. Under this principle, there are obviously superior and inferior cultures on this planet. The logical approach would be to educate the members of inferior cultures, teach them by example, and elevate them to a higher level, but not allow them to migrate to the West and be left unattended, as it is common today.

Allowing the inferior cultures to migrate here and bring their faith, customs and traditions, treating them equally with you and me under the principle of multiculturalism forced on us by our ivory tower elites is ludicrous. With the inferior cultures come diseases not previously common: drug-resistant tuberculosis, viral warts, West Nile virus, intestinal worms and, most famously AIDS. Uncontrolled immigration brought bed bugs to the USA in the first decade of the 21st century, after they were virtually non-existent for half a century.

The muslims have intimidated British police to a degree where crimes committed by the muslims are no longer recorded, needless to say investigated. The Chicago police would prefer to arrest non-muslims on trumped up charges when the muslims rage in anger about innocent questions being asked to them.

One immigrant to Canada from Somalia was arrested for having 29 fake social insurance numbers and collecting welfare under all of them. He was not satisfied with the Canadian government paying him for just being here and doing nothing – he wanted 29 times more. His muslim culture told him that pillaging the unbelievers was his duty as stated in many verses of the quran. News reports from the UK and Canada mentioned the muslim husbands collecting welfare for their multiple wives.

Canada grants citizenship to the migrants virtually unconditionally 3 years after immigration. That means voting rights. The aliens from African countries with IQ of 60 or less have the same rights as local Canadians with average IQ of 97. No wonder that these aliens vote for the party that screams loudest about its empathy towards the immigrants and multiculturalism – the Liberal party of Canada.

Multiculturalism has failed everywhere where it was applied. The inferior cultures offered very little of value but sucked enormous resources into law enforcement and social services associated with their arrival. It is time to realize that we would have been better off if we spent money on stimulating growth of our own population instead of on bringing migrants from the inferior cultures here.

It is no secret that the 3^d world world population has significantly lower IQ than Western. Bringing the migrants from the 3^d world world lowers average IQ both in the 3^d world world and in the West, as the migrants usually have higher IQ than those who stay put. Why would anyone want to lower the IQ in the West is difficult to explain and justify, as that makes absolutely no sense¹. Difference of 30 points in IQ makes interaction between people virtually impossible, as the one with higher IQ feels they are talking with a complete idiot, while the one with lower IQ does not understand a thing because it is too complex and vocabulary is sounding unfamiliar.

This is the situation that multiculturalism puts an average Westerner in when faced with an average migrant from the 3^d world. Indeed, average IQ in many of African countries is between 60 and 70, while in North America it is 90-110. Multiculturalism is setting the West for disconnect, distrust and misunderstanding between the locals and migrants and even within the migrant segment. That is a recipe for disaster in the economy, politics, culture, education and all areas of social life. Not only the

¹IQ and the Wealth of Nations, Richard Lynn and Tatu Vanhanen, Praeger Publishers, Westport, CT; 2002, ISBN 0-275-97510-X

Western societies become exposed to the inferior practices of the lower intelligent aliens, but the lower intelligent aliens themselves are vulnerable to abuse by the special interest groups in the West.

Many of us in the West became exposed to workforce in India, China and Latin America due to outsourcing. The experience of the authors has been horrible. Consistent with low average IQ of those regions, the outsourced staff in Bangalor, Mumbai, Rio, Shanghai and other cities is having a hardest time understanding clear and straightforward instructions, speaking in comprehensible language, they are incapable of admitting fault, diabolically skilled in avoiding responsibility and that makes interacting with them a torture. Magically, they are completely shielded from responsibility for disobeying orders, ignoring instructions and the consequences of their actions while local workforce has to bear the brunt of fixing what the outsourced staff has broken. Multiculturalism means that all those people have to move into the West and become equal members of the Western society. Let us review what it will lead to.

Jared Taylor of American Renaissance writes in a review²: Dr. Salter points out that different ethnies can be so genetically distant that random members of the same ethny are close kin in comparison to members of the other ethny. Ethnic loyalty thus becomes a continuation of family loyalty³. When parents from distant ethnies have children together it can lead to surprising results. Rules of genetics hold that children always carry half the genes of each parent. However, when parents are from the same ethny, they have many distinctive genes in common, so their children actually carry more than half of each parent's distinctive genes. On the contrary, when people of different ethnies have a child, they are closer kin to their ethny than to their own child.

Multiculturalism, resulting in inter-ethnic and inter-racial breeding, is against human nature in particular and animal nature in general. When the society is attractive due to wealth or stability, the ethny rapidly declines in relative fitness as the rest of the world floods in. Natives are both replaced genetically and see the quality of their society decline. This is why, until the triumph of ideologies that ignore biology, ethnies always guarded their homelands jealously. A population may decline in numbers but later recover if it has a territory to which it has exclusive title. A decline in numbers accompanied by loss of territory – or merely the effective loss of territory due to immigration by aliens – can lead to irreparable damage².

Multiculturalism was an experimental policy which quite obviously has utterly failed. The experiment conducted with negative results for over 100 years should be deemed failed and stopped. It is about time we stopped trying the same failing policy and reversed all the harm it has done to our civilization.

10.2 Climate alarmism

Post-1960 values of the Briffa MXD series are deleted from the IPCC TAR multiproxy spaghetti graph. These values trend downward in the original citation (Briffa [2000], see Figure 5), where post-1960 values are shown. The effect of deleting the post-1960 values of the Briffa MXD series is to make the reconstructions more “similar”. The truncation is not documented in IPCC TAR.

Steve McIntyre, Climate Audit, May 1, 2005

Easy money have always been attractive to the inventive minds and where there is something to be

²American Renaissance, Vol. 16 No. 1 January 2005

³Frank Salter, On Genetic Interests: Family, Ethny and Humanity in an Age of Mass Migration, Peter Lang, 2003

had, there always were the takers. Late in the 20th, early in 21st century the West accumulated much wealth and it was a matter of time until another bunch of resourceful and clever scoundrels decided to line their pockets. Global warming turned climate change, or climate alarmism doctrine, is one of the most infamous schemes used to extract money from people and governments.

Using the puppet politicians (Al Gore) and celebrities (David Suzuki), assisted with UN Intergovernmental Panel on Climate Change (IPCC), the climate alarmism con artists, such as Professor Philip Jones of the CRU, his colleague Dr Keith Briffa, the US computer modeller Dr Michael Mann promoted the following false ideas in the mass media, education and popular culture:

- Temperature on Earth is rising quickly.
- Rising temperature negatively affects global economy.
- Temperature is rising due to increased output of carbon dioxide into atmosphere.
- Human activity is a cause of increased CO₂ output.
- Reduction in CO₂ output can reverse increase in temperature.

Let us review each of the above falsehoods in detail.

Over the last few billion years Earth saw multitude of ice ages, varying in length and temperature drop: 2.5 billion years ago ice covered 100% of our planet for 300 million years, resulting in extinction of almost all species that existed prior to it; 800-650 million years ago Earth entered what is called Snowball Period with consequences just as devastating; 50-10 thousand years ago the last known ice age reduced world population from millions to just 3,000-4,000 people; and lastly, mini-ice age during the medieval times killed Viking settlers in Greenland entirely and caused mass famine in Europe due to crop failure.

On the contrary, the periods of rising temperature saw tropical forests covering Canada and Siberia, with dinosaurs walking what is now frozen tundra. This festival of life is apparently what the climate alarmists want us to despise and fear and pay to prevent.

Mann-made hockey stick

Climate alarmism movement is largely based on several hoaxes. A hockey-stick graph showing sharp rise in temperature over the last few decades has been found bogus⁴. It only looks like a stick when edited data from a single pine tree is used, but when all data collected by the tree ring project is graphed properly and outliers are eliminated as per the best practices of statistics, the hockey-stick would disappear, and the graph would show decline in temperature. Also, the computer model, used to produce the chart for IPCC, was proven to produce hockey-stick like results no matter what random data it was fed with⁴. That model also eliminated the scientifically established fact of the so-called Medieval Warm Period. There has been documented coordinated attempt of the “scientists”, complicit in climate alarmism to hide the decline⁵.

There are several more problems with the method, used to produced hockey-stick global warming chart. It was discovered by Antony Watts that tree ring method is not reliable enough and subject to variances from laboratory practices and conditions. Data is affected by ring age and has to be adjusted accordingly (width of different rings has different correlation with temperature). Only when statistical

⁴Climategate reveals ‘the most influential tree in the world’, By Christopher Booker 7:41PM GMT 05 Dec 2009, The Telegraph

⁵Revealed in a leaked email by Prof Jones

methods used were adjusted to account for ring-age decay, the model produced reliable time series, but ‘hockey stick’ disappeared.

In reality, Earth’s average temperature has been fluctuating around relatively constant value with a period of about 50,000 years for at least 350,000 years. It has been steadily rising for the last 10,000 years and today we are on top of one of the largest upticks. It can start downhill slide any moment now. There is nothing we can do to change that, and that is scary, as resulting drop in agricultural productivity may mean starvation death for millions or even billions of people.

Freezing means death

If you believe in man-made global warming, look at the large island between Europe and American continent, just North-East of Canada: look at Greenland. That island was called Greenland hundreds of years ago by Erik The Red, leader of the first Viking settlers who arrived there and found lush green pastures, trees, springs and ponds full of fish. It was really warm in Greenland in the 11th century, 9 hundred years before industrial revolution that allegedly caused man-made global warming. The Viking settlers liked Greenland’s climate so much, that they built villages and towns and stayed on the island, even inviting a bishop to lead the church.

It was good while it lasted: 300 years later another wave of Viking settlers arrived in Greenland just to find the place frozen over, the few settlements, still remaining on the free from ice shield areas, abandoned. Wind was blowing snowflakes through the empty buildings and no one was alive. The Vikings, used to harsh climate of Norway, were not able to adjust to the lower temperatures that came to Greenland over the couple centuries from their arrival and all died of starvation from crop failure. A massive eruption of Mount Rinjani in 1258 CE has triggered what is known as ‘the Little Ice Age’.

The summers grew shorter and progressively cooler, limiting the time cattle could be kept outdoors and increasing the need for winter fodder. During the worst years, when rains would have been heaviest, the hay crop would barely have been adequate to see the penned animals through the coldest days. Over the decades the drop in temperature seems to have had an effect on the design of the Greenlanders’ houses. Originally conceived as single-roomed structures, like the great hall at Brattahlid, they were divided into smaller spaces for warmth, and then into warrens of interconnected chambers, with the cows kept close by so the owners might benefit from the animals’ body heat... An ice core drilled from the island’s massive icecap between 1992 and 1993 shows a *decided cooling off* in the Western Settlement during the mid-fourteenth century⁶.

Eruption of Tambora volcano in Indonesia on April 10, 1815 resulted in a worldwide drop of temperature of only 0.5°C and 1816 became known as the “Year Without a Summer” because of the effect on North American and European weather. Crops failed and livestock died in much of the Northern Hemisphere, resulting in the worst famine of the 19th century⁷.

What does this anecdote tell you? First, **it is good when climate is warm**, because one can grow food crops and hunt animals. Second, **climate changes without any human intervention**, unpredictably, and there is nothing man can do about that. Thinking otherwise is a brazen act of stupidity and overstatement of people’s abilities.

Carbon footprint

The correlation between CO₂ concentration in the atmosphere and global temperature has been misstated for a long time. Unfortunately, even the best of us in the West are still confused into believing

⁶The Fate of Greenland’s Vikings, by Dale Mackenzie Brown, February 28, 2000, Archaeology Archive

⁷Oppenheimer, Clive (2003). “Climatic, environmental and human consequences of the largest known historic eruption: Tambora volcano (Indonesia) 1815”. *Progress in Physical Geography* 27 (2): 230-259

that output of CO_2 into the atmosphere should be avoided by changing our habits and technology.

The greenhouse effect is the opposite of what is preached by the climate alarmists: the rise in temperature causes increased concentration of CO_2 due to lower solubility of that in the ocean waters. On a large scale it is generally impossible to estimate what happened first hundreds of millions years ago. The official science does not know whether temperature rose first, then more CO_2 was released, or the other way around, but we have scientific evidence that less CO_2 dissolves in warmer water. Another inconvenient truth for climate alarmists is the fact that water vapour produces stronger greenhouse effect than carbon dioxide, and Earth atmosphere contains much more water vapour than CO_2 . Also water vapour content varies a lot more than CO_2 content. Condensation of water vapour known as cloud formation produces huge swings of temperature within even short periods of time that everyone noticed almost every day of our lives: as soon as clouds shield the Earth from the Sun, we grab a jacket.

And finally the fact that climate alarmists do not want you to know is that CO_2 is the most important input to the process of photosynthesis in plants. Water and fertilizers in soil are secondary to CO_2 and sunlight. As you know, photosynthesis is a process of production of sugar from CO_2 , water and light energy in the green cells of the plants, containing chlorophyll. Right there it tells us, that higher temperature and higher CO_2 concentration in the atmosphere translates into higher productivity of plants, thus better crops and cheaper food prices. However there is a complication and it is that very photosynthesis that we are talking about. The plants have been using CO_2 for billions of years, building up their stems and depositing them into the ground after they died. By some estimates they so far deposited almost 1 trillion tons of carbon into the ground, thus making it unavailable for photosynthesis. This process is continuing today, but on slightly slower scale due to burning of fossil fuels and deforestation. Dirt is black for a reason – it has lots of free carbon particles, deposited there by the dying plants. If you would follow this trend into the future, you would realize that eventually the atmosphere would run out of carbon-carrying CO_2 completely, and that will be the day when no more plants will survive, taking animals and us with them.

If humankind wants to survive as species for a prolonged period of time, it has to find a way to release 1 trillion tons of carbon from underground into the atmosphere in the form of carbon dioxide. That is just the coal deposit estimate worldwide. CO_2 , absorbed by the plants into coal, can be recovered by burning it. But a magnitude of several powers of 10 more CO_2 has been absorbed into limestone sedimentary rock and that CO_2 is lost forever. Earth's flora will never again be as productive as when all that CO_2 was in the gaseous form in the atmosphere.

The only way to achieve that is to increase coal mining and consumption for energy production. In simple terms, we have to burn as much coal, as technically possible, instead of relying on other methods.

If we want to live and live better, let us scrap the solar panels and wind turbines and burn some coals. Then burn more, because in reality the global temperature is falling, not rising. Smart burning of coal is the only thing that can save humankind from certain death from starvation. Smart means efficient and clean method of producing energy from coal, where exhaust gases pass through a system of filters to capture mercury, sulfur dioxide SO_2 and other pollutants, as well as valuable substances that can be used in the industry. Will anybody refund us the money wasted on non-working and useless 'global warming' programs and fraudulent 'carbon taxes'? Will Al Gore sell his assets and give money back to the taxpayers? Silence...

Distraction from pollution

The environmental policies pushed by the green movement make no sense. Their stated goal is to reduce the so-called carbon footprint which they measure in the mass of carbon dioxide emitted into the atmosphere as a result of one's activity. As demonstrated above, the CO_2 emissions have no

significance in the environment in a worst case scenario, or are slightly improving long-term outlook for the survival of humankind as species in the best case scenario.

What is really important and has significant impact on our outlook is disposal of industrial waste. That includes nuclear waste from production of energy and conventional waste from the industry and household. Nuclear waste remains hazardous for thousands of years or longer while conventional waste varies in lifetime from days to thousands of years. Liquid waste from the industry is currently being disposed off into the waterways and ends up polluting both soil and oceans. Solid waste is mostly deposited into the ground where it also pollutes soil and ground water. Ocean pollution has become so bad, that scientists recommend reduction of consumption of fish and seafood due to heavy metal contamination.

Apparently the so called green movement is being used as a distraction from the pollution issues.

The policies promoted by the green activists apparently do nothing to improve ecology, but they waste time and money of the governments and taxpayers that could be better spent on research in the area of reduction and recycling of all kinds of waste. With the amounts of money poured into inefficient carbon trading schemes and 'renewable' energy generation, humankind could send our entire nuclear waste to the Moon.

- Just a simple policy of not sending free newspapers and phone books to the homes would save millions of trees a year. No green policy ever saved a tree.
- Simple advertising campaign educating drivers about gas savings from obeying speed limit would save millions barrels of oil a year. No green policy reduced oil consumption.
- Simply installing window film would have reduced heating and AC costs of the North American households and businesses by hundreds of millions a year. No green policy saved any energy.

While the new generation is being confused and indoctrinated into believing into insignificant and non-working policies, energy consumption continues to grow and energy prices too. Energy industry is pocketing more and more money all while causing the people bear the cost. The government is taxing energy more and more on the totally wrong premises, killing our industry.

Can people do anything about that? Of course we can!

- We can slow down our driving, obey the speed limit and reduce acceleration. Driving at 100 kms/h on a highway is 20% more fuel efficient than driving at 120. Accelerating mildly saves another 20% fuel compared with spirited driving. There really is no justification for fast acceleration in the city where the street lights make everybody equal. The slow driver in the city limits is ahead in fuel costs and fatigue while extra speed gives very little time savings if any while exhausting physically and mentally.
- We can keep our vehicles longer, reducing industrial waste from manufacturing new cars, needless to say saving on various taxes imposed on new vehicles.
- We can install window film onto our window glass. That reduces heating cost in Canadian Winter by 40% and AC cost in Summer by 20-30%. The savings vary by location.
- We can buy our food in bulk reducing amount of plastic waste. One 80lb bag of flour and one of brown sugar produce the equivalent of food that would have generated several times more plastic packaging waste by weight. Paper from those bags weights several times less than amount of plastic that equal amount of bread and pastry would be packaged in from the grocery stores.
- We can refuse fancy things and gadgets and use just what we really need.

But most important aspect is to increase pressure on the politicians to remove misguided ‘green’ policies and replace them with smart environmental policies that would benefit both our health and our economy long term.

That will be a difficult task, as ‘green’ activists are becoming more and more radicalized and violent. The infamous “Talking Points Memo” published a call not just for jailing the ‘global warming deniers’, but to assassinations of the executives and other prominent figures in the industry. James Hansen of NASA called for jailing the oil industry execs in 2008. In June 2009, former Clinton Administration official Joe Romm defended a comment on his Climate Progress website warning skeptics would be strangled in their beds. In 2006, the eco-magazine *Grist* called for Nuremberg-Style trials for skeptics. In 2008, Canadian environmentalist David Suzuki called for government leaders skeptical of global warming to be thrown “into jail.” In 2007, The Weather Channel’s climate expert called for withholding certification of skeptical meteorologists. The state climatologists in Virginia, Oregon and Delaware were threatened and silenced by the Governors for expressing dissenting views on global warming.

As you can see, there is a concerted effort to silence the critics of man-made climate change theory. When you notice organized force behind any theory, you should know that money is at stake.

10.3 Animal rights movements

Since the late stone age the humankind used domesticated animals for food and assistance in hunting and transportation, as well as for obtaining materials for clothing, sheltering and making tools. Survival of Homo Sapiens as species was assisted by presence of cows, horses, sheep, goats, pigs, chickens, dogs and cats. Later as climate became milder and civilization made progress, domesticated birds of prey assisted the hunters. Domesticated ducks and geese, turkeys enriched the food supply. The domesticated pigeons assisted in communication. Later dogs were trained to perform more tasks, such as to perform search for lost and hidden objects, guide the blind and many other tasks. The ordinary farmers, hunters, scientists and other animal enthusiasts have made countless discoveries observing and caring for wild and domestic animals and pets. The vitally important drugs have been developed thanks to results of animal testing.

Suddenly we have to abandon the opportunities offered to us by similar biology of the animals, the food and materials they produce, the company and fun they provide, because some radicalized activists decided that animals have rights and using them in our economy and society violates those.

The animal rights movements are not being completely honest with the public. The numbers demonstrate, that for example Humane society of the USA is the largest pet euthanizing organization in the country. HSUS is euthanizing more than half of the animals it takes into the shelters on average.

Some HSUS shelters euthanized up to 90% in some years all while there were people waiting in lines to adopt an animal. The animal killers of HSUS are not alone in dishonest crusade against ownership of animals. Since 1954, the HSUS has grown into a huge bureaucratic organization with 200+ employees and well over \$200 million (by 2005) in their bank accounts. Less than one-half of 1% of it is used to help the many ‘Humane Society’ shelters in cities across America. The HSUS long ago separated itself from all the smaller regional societies around the country, sharing no funding at all with them now. There was a complete change of leadership at hijacked HSUS by 1973, warranted because “the costs of running a local animal control operation [was] drawing off funds needed elsewhere” (a quote from HSUS web site). That was when HSUS stopped running animal shelters and outsourced that to the local organizations and People for Ethical Treatment of Animals (PETA).

PETA obtains huge sums of money by convincing people to name PETA as their estate. This outfit gains publicity by indoctrinating young females into stripping and laying on the ground smeared in red paint to symbolize animal slaughter. PETA sympathizers assaulted people wearing fur with powdery

and liquid substances. This falls under definition of terrorism and indeed, there is a militant branch of PETA called Animal Liberation Front, whose members Kevin Tubbs, Walter Bond, Jordan Halliday, Heather Nicholson, Kim Gerrah Selby, Daniel Wadham, Gavin Medd-Hall, Donald Currie and many others have been convicted in various jurisdictions for assault, arson and vandalism when they torched the laboratories and farms and destroyed the equipment, interfered with the fishing vessels and harassed the hunters.

Reduced consumption of meat would have to be compensated by synthetic foods and vitamin supplements. That tells us right there that animal rights movement must have some connections with food and pharmaceutical industry. These unscrupulous corrupt organizations betray the Western civilization by disrupting our food supply. What could be worse?

The only significant source of vitamin B12 in human diet is beef. The vegetarians and those allergic to beef have to get an annual B12 shot from their doctor. It is clear that removal of beef from our plate would benefit pharmaceutical industry and medical establishment. Beef is also a significant source of iron, which would have to be substituted from other sources.

All this animal rights nonsense is more and more sounding like a competition war between animal and crop farmers and we as a society are being held hostage and milked. That is a similar competition war as one that resulted in forest industry destroying hemp farming.

Part III

Where are we at present?

Chapter 11

Outsourcing of decision making

When a self-governing people confer upon their government the power to take from some and give to others, the process will not stop until the last bone of the last taxpayer is picked bare.

Kershner's First Law, Dr. Howard E. Kershner

To put it bluntly, the West has run out of cash and is infested with our enemies. The power is in the hands of traitors. Population is spoiled and unwilling to accept responsibility for their lives. The inmates are running the asylum.

The problems in the Western countries have more to do with the laws and policies, than with population. Yes, population is allowing the government to make those laws and policies, and that is a part of the problem. But it is a very small group of people who are the drivers of the process that can be summed up as sliding downhill. That rich, vocal and irrational group of people is highly educated, organized and secretive. They graduated from the same best universities, played golf at the same expensive clubs, dined at the same VIP resorts and won the elections or landed in the government jobs.

Now the Western population is paying the price of outsourcing decision making to the government bureaucracies and not paying attention to who applied to the job of ruling us, what was their background, ideology and motivation.

The policy that harms the West the most is redistribution of wealth. The notion that some are producing so much that they should share surplus cash and goods with the 'less fortunate' is taking its heavy toll on our economies. Redistribution of wealth is a huge detriment to efficiency. Indeed, why working more and making more money, if the government will take extra money and give it to someone else, with whom you disagree, whom you despise or who hates you? Also, why working harder and making more money, when you can work less and demand more cash from the government? After being robbed by redistribution policies for long enough, people give up trying or leave for better part of the world. Problem being, for us in the West there is no better part anymore – we have nowhere to run.

Chapter 12

Declining IQ

Intelligence is the most important quality of population that determines success in government, economy, science and arts. Intelligence is measured in intelligence quotient (IQ) score. Research by Lentz¹, Flynn², Retherford and Sewell demonstrated declining genotypic (inherited) global IQ in the 20th century³. Another research by Herrnstein and Murray demonstrated that females with higher IQ had fewer babies than those with lower IQ, on average⁴. This is a dire situation, as you understand, as it means that world is becoming stupider by day, with the stupidest procreating at the highest rate and the smartest becoming extinct. Lynn and Harvey calculated the decline for two generations and found that between 1900 and 2000 world IQ dropped by almost 1 full point⁵.

Simultaneously with that decline the phenotypic (acquired) IQ has risen by 7.5 points. That can be explained by improvements in nutrition, education and communication. However there is still a reason to be concerned, because rise in phenotypic IQ has limited capacity and diminishing significance. In plain English it cannot continue growing forever even if genotypic IQ is constant.

The immigration policies in the West make matters worse, as they allow the migrants with low IQ to move to the West. Although on the face the Western countries, allowing immigration, have established various criteria for qualifying the immigrants, that largely applies to the immigrants from the other Western countries. The 3^d world countries, who send the refugees to the West, are unaffected by the points systems. Family re-unification and live-in caregiver programs, abused by the immigrants, open the doors for the low-intelligent aliens as well.

No country has recognized the fact of declining IQ and how it is impacted by immigration. Without such recognition there is no possibility for establishing policies that would combat the decline of the IQ.

On the contrary, education bureaucracy everywhere in the West makes the matters worse by lowering the testing requirements to accommodate the migrant students with lower IQ under the misguided principle of multiculturalism and out of fear to offend.

Review of the recent trends in admission of refugees to the West shows that the countries with the lowest IQ scores are sending largest numbers of refugees: Somalia, Liberia, Bosnia, Iraq, Albania, Myanmar, Sri Lanka to name a few. Disproportional representation of Somalia is leading to a humanitarian crisis in many cities of United States, where Somalian migrants, predominantly muslims, demand accommodations of their religion that no one else demanded, including to be free from uniform and standard working hours at workplace. Mexico, that is sending millions of illegal immigrants to the USA,

¹Lentz, T.F. (1927). The relation of IQ to size of family. *Journal of Educational Psychology*, 18, 486-496.

²Flynn, J.R. (1984). The mean IQ of Americans: Massive gains 1932 to 1978. *Psychological Bulletin*, 95, 29-51.

³Retherford, R.D., & Sewell, W.H. (1988). Intelligence and family size reconsidered. *Social Biology*, 35, 1-40.

⁴Herrnstein, R., & Murray, C. (1994). *The Bell Curve*. New York: Random House

⁵Lynn, R., & Harvey, J. (2008). The decline of the world's IQ. *Intelligence*, 36, 112-120

is not even mentioned in the official US refugee statistics. These countries are diluting 97-99 average IQ of US people with mediocre 87 for Mexico and disastrous 68 for Somalia.

Only Canada and Israel managed to increase their average IQ out of all developed countries between 2002 and 2006, while United States, United Kingdom, Switzerland, Italy and France have stayed at the same level, and Germany and Belgium decreased theirs. There is in direct correlation with the immigration and refugee acceptance rates among those countries.

Chapter 13

Disarmed population

Laws that forbid the carrying of arms...disarm only those who are neither inclined nor determined to commit crimes. Such laws make things worse for the assaulted and better for the assailants; they serve rather to encourage than prevent homicides, for an unarmed man may be attacked with greater confidence than an armed one.

Essay on Crimes and Punishments, Cesare Beccaria,
1764

Few countries have constitutional protection of the right of people to have weapons for protection of life and property. When someone says ‘constitution’, many assume it’s about the United States constitution and the Bill Of Rights, that established one of the most free societies that history has known. But even in the US a number of unconstitutional laws infringed on the rights guaranteed by that document.

Everywhere in the Western world the laws pertaining to acquisition, ownership and carrying of the firearms have been severely abridged under the guise of combating crime, even though the number of victims have been steadily declining. At the same time the governments and militias in the 3^d world have murdered hundreds of millions of disarmed people. Why that did not illustrate the benefits of popular ownership of firearms to the Western governments is unclear.

The gun control laws themselves, except few atrocities, did not really disarm too many people (except the UK and Australia). They merely created legal and regulatory framework for charging with and convicting the firearm owners for the criminal offenses for violation of new restrictions on purchase, transfer, carrying and storage of firearms and ammunition.

As the history shows, the government bureaucrats and gun control activists laid in wait until some deranged or mentally disturbed individual committed a murder of more than one victim. Once mass murder has been committed, the government and activists organized campaign in press, riled up confused public and forced the enactment of the gun control laws that satisfied their agenda. They are opportunistic parasites who crave for death of the innocent victims and feed on their blood.

Gun control is among the logical fallacies used as justification for Western population genocide. Nothing in gun control policies makes sense. Nothing works. Yet the proponents of tougher gun control justify its failures with not enough gun control and use the failures to justify more of the same. The mortality statistics¹ show that the accidents, of which slip and fall are the major causes, claim 15 times more lives than all firearm related causes. Slip and fall alone claimed 5 times more deaths than firearms.

¹Mortality, Summary List of Causes, 2009, Statistics Canada, Catalogue no. 84F0209X

Every dollar spent on gun control has many times less potential to make a positive difference, than every dollar, spent on workplace safety, driving and swimming instruction, psychiatric health and medical research in the areas of heart conditions and cancer (in the order of increased potential).

If the gun control activists' true goal was to save lives, and if they were honest in proclaiming that goal, they would have realized that cancer research had more than 200 times more potential to save people, than controlling guns. These numbers are regularly published and free to access for everyone. They demonstrate, that today there is no need for any gun control whatsoever, that no amount of licensing, registration and limitations on types of firearms and capacity of magazines people are allowed to own can make significant difference in mortality. Cancer and heart conditions are killing people at several hundreds times higher rate than firearms. People have to focus on safety of their food and drinking water rather than on firearms. Gun control is a distraction from really important issues, that effect everyone, while only some people own firearms.

Thus it is immoral to lobby the government for increased gun control as long as money can be spent for the above stated purposes. Inform the gun control activists of the numbers in the mortality statistics. If they persist, you know they are in it for money or have another hidden agenda, because it is impossible to argue the facts – only the ideas. The fact is that funding gun control kills many more people than it can save in the best possible scenario (forget poor efficiency and lack of thought put into implementation of gun control measures!)

13.1 Shortcomings of gun control

Traditional gun control is understood as any limitation on acquisition, possession, carrying, storing, using and disposing of firearms. It has several widely accepted key elements, devised to reduce criminal misuse of firearms, namely:

- **Licensing.** Designed to control who gets government approval to possess and use firearms.

Licensing disarms only those who agree to abide by the law. The true criminals do not bother with licensing, as they know that firearms charges are just an extra charge thrown at them by police in case of arrest for other true crimes. These charges are almost always bargained in exchange for testimony or withdrawn in exchange for information.

- **Registration.** Designed to inform government of where the firearms are kept.

Registration is nothing other than a record in a computer database or a piece of paper attached to a firearm. It does not prevent anyone from taking the registered firearm and committing a crime with it. On top of government registration police always has its own database of stolen firearms as reported by the owners. Some draconian regimes however used registration to lay charges of “careless storage” against the owners who had their guns stolen.

- **Classification.** Designed to control what firearms people can or cannot possess.

Classification is more often arbitrary than not. Segregating firearms into different classes has very little chance to save lives simply because all firearms are inherently similar: they all use a powder charge to send projectiles down the barrel. Crime statistics published around the world have demonstrated that most victims have been shot with 38 caliber revolvers and 12 gauge shotguns – many times more than the victims of highly publicized shootings with the so-called ‘assault rifles’ and ‘high-capacity’ pistols. For a shooting victim it does not really matter whether they have been shot with an uber-tactical firearm or with a single shot musket. It still hurts, injures and kills.

- Capacity limits. Designed to control number of rounds loaded into a firearm.

Except for very few isolated incidents of mass murders the vast majority of shooting victims were shot with one single bullet. Also all successful mass murders occurred in the gun-free zones such as schools, banks, cinemas where carrying of firearms was prohibited and the victims could not prevent the perpetrators from reloading firearms, thus invalidating legislated magazine capacity.

- Safe storage. Designed to prevent ready access to the firearms and ammunition.

The safe storage laws prevent the victims from arming themselves to repeal assaults. Only the victims are disarmed by the safe storage laws, as the assailants either ignore them, or pretend to comply with them until they decide to assault or kill someone. Indeed, only the victims who are in their homes fall under the safe storage laws, while the assailants coming to rob, rape or murder them are not storing their guns at the moment – they are transporting those, sometimes in full compliance with the law.

- Authorization to transport. Designed to inform the government where people are allowed to take firearms and to prevent people from transporting firearms anywhere else.

History does not know of any single instance where a potential murderer applied for an authorization to transport his (more often illegally possessed) firearm to a crime scene. Quite naturally no crime has been ever prevented by a requirement to have such authorization. Naive? Perhaps. But it creates jobs for the bureaucrats.

- Authorization to carry. Designed to prevent people from carrying firearms. Some jurisdictions impose other requirements on carrying, such as carrying only in a holster (Canada), not carrying into schools, churches or offices (USA) etc.

Like other measures, this one disarms only those who are concerned about their families, career, savings – everyone but the criminals. The limitations on carrying create situations such as when person has to remove firearm from holster or pocket and place into the trunk of their vehicle after arriving at certain places. That allows potential weapon thieves an opportunity to spot potential victims, and potential murderers to know where the victims are guaranteed to be disarmed.

- Wait times. Designed to allow the government time to perform background checks.

The wait times disarm only those in danger. Those who are looking to acquire firearms for criminal use, even in an unlikely case they go through the legal channels, can wait and commit their crimes later. If they cannot acquire firearms legally, they would likely steal guns or murder those who own guns legally and take them by force.

These murderous, genocidal fallacies are being perpetuated by the gun control special interest groups and mass media, while the cars, ladders and pools kill more people every day than all guns in private hands combined.

Every bit of a right to defend themselves from predators and tyrannical government, that American and British people have won in the wars with the British monarchy, has been gradually taken away by the US, Canadian, Australian and British leftist bureaucrats.

The proponents of gun control around the world do not strive to achieve a gun-free society. Their ideal society is that where ‘only police and the military have guns’. This model of society did not previously exist in the Western democracies, but it did exist in many of the 3^d world and communist block countries. Rational reader would inquire: why are we insisting on trying a model, that resulted

in mass slaughter of civilians at the hands of government armed forces and militias throughout history? Motivation of gun control thus is highly suspicious, keeping in mind that once gun control was implemented, previously given promises were quickly broken.

Canadian government promised in the introduction of Firearms Act, that registration of firearms would not result in confiscation, but turned around and confiscated the firearms it deemed prohibited. Royal Canadian Mounted Police went knocking on the doors of those, who complied with Firearms Act and registered their Franci SPAS, LAR and some other shotguns and forced the owners to give them up for destruction without court issued warrant and without compensation. If a democratic government of a developed country would betray its promises so quickly and easily, would it not be reasonable to be suspicious of all governments and their gun control measures?

One of the main talking points of the proponents of gun control is that ordinary people cannot be trusted with guns, that we do not have necessary training and overall are not qualified to defend ourselves, our loved ones and our property. They insist on outsourcing of our safety to whomever comes to their mind during debate regardless of feasibility of such solutions. Those people will insist that only police should be relied upon for security, but in some circumstances they benevolently allow armed guards for a solution. What they do not mention is who is going to pay for police presence or security detail or what would happen if police was busy or armed guard decided to flee. Apparently those inconvenient logistical issues are something they prefer not to mention. General idea is that us, ordinary people, must never be allowed to defend our life, health and property and that it is someone else's job.

As long as that idea is welcomed and accepted by the ruling governments, gun control advocates won. But why, we have to give up the guns because someone else can provide for our security – armed guards or police. It does not matter to them what happens once we are disarmed – it is not a part of their agenda and is not included in the program documents of the gun control organizations. What happens to us is not a concern. When we find ourselves in a situation where we are threatened, but do not have a gun to defend ourselves, gun control advocates are nowhere to be found to pay notice. In reality this results in lawsuits such as *Bonnie Mooney vs. British Columbia Attorney General* in Canada and *Castle Rock v. Gonzales* in the USA where the courts ruled, that police has no duty to protect people from harm. These precedent-setting rulings should have changed the position of gun control advocates regarding outsourcing of personal safety to the 3^d parties, but were summarily ignored.

What it tells us is that proponents of gun control are not rational human beings. Their minds are not open to reasoning, they are not looking for facts and truth, but instead are locked on promoting their anti-gun agenda *no matter what*. To deal effectively with such individuals a reasonable person needs unconventional approach, as common sense would not work. That should include investigation of their personal and professional lives, exposing any criminal acts, wrongdoing, questionable and unethical behaviour, publishing their personal information online and in media and avoiding debates. Those people ask calculated rigged questions and cut off the respondents before they have a chance to make a point. Instead of debating with anti-gun crowds, we should swamp politicians with increasing demands of gun freedom based on statistics and shaming them into not diverting gun control budgets towards fighting cancer and heart conditions. Only persistent shaming and annoying pressure has a chance to work to our advantage.

13.2 United States

One of the strongest series of assaults was directed at the famous second amendment, the 2A, *the right to keep and bear arms* that American people won in a war with British monarchy, which considered weapon possession a privilege it could arbitrarily control. The 2nd amendment was designed as a guarantee from

tyrannical government usurping the power to tax and oppress. It guaranteed the right of people to form armed militia and to own and carry weapons that might be required for militia service – that is to fight another war. No restrictions on the type of weapons have been put into the amendment by the founding fathers for two purposes – to cover all possible weapons and to allow for future technological advancements in the weaponry to be automatically covered by the amendment. This was too good for the people and too bad for the government². The governments are always afraid of the people they rule.

They are afraid that people would refuse to pay unreasonable taxes, or to submit to more government control, give up their property or be crowded into the concentration camps. Gradually, bite by bite, US government removed 2A protections from one type of weapons after another.

The American people are far from enjoying full protection of the 2nd amendment today. The government forbade them from manufacturing and owning machine guns unless they served in the military or police. The possession of a handgun is no longer covered by the 2nd amendment, instead the government usurped the right to approve or deny the purchase and ownership and created a database of all handgun owners. Banned are short-barreled rifles and shotguns, rifles with the bore diameter larger than 50 caliber, grenade and rocket launchers, hand grenades, mortars and cannons and explosive charges. As you can see, all those items would be required for effective militia service of the American people, but the government is denying the 2nd amendment covered those categories.

Several attempts have been made to ban ownership of firearms between the adoption of the Bill of Rights in 1776 and today. Until 1934 each of them failed. The National Firearms Act of 1934 intended to regulate the fully-automatic firearms. It did not ban possession of weapons, but merely imposed tax on transfer from one owner to another. In the middle of great recession, \$200 fee for registration of a machine gun was a huge sum of money. Devised for combating the use of fully-automatic firearms by organized crime, this law had zero impact on mafia, who were the only category that was rich enough to pay the fee, as in many cases it was more than the cost of firearm itself. The law effectively disarmed only the law abiding middle and low class. It also introduced the requirement of the current owners of automatic firearms to register their name and address with the commissioner.

Four years later, Federal Firearms Act of 1938 mandated obtaining a federal firearms license (FFL) at the annual cost of \$1 for all businesses and person selling firearms, and registration of the buyer's name and address. It also prohibited sale of firearms to the persons convicted of violent crimes.

Gun control act of 1968 expanded licensing and record-keeping requirements and placed restrictions on the sale of handguns, as well as expanded the list of persons prohibited from buying guns.

13.3 Canada

Just north of the USA, Canada was established by decree of Great Britain monarch of the time and inherited full body of English common law with the British North America Act (BNA). With the BNA Canada inherited the right of English subjects “to bear arms for their defence, suitable for their condition”. Similarly with the US 2nd amendment, there is no wording in the law that defined what arms the British subjects were, or were not allowed to bear (carry). However, Canadian government decided to ignore that law and created new laws that gradually forbade, first carrying of handguns, then carrying any firearms and most melee weapons, then introduced different classes of firearms based on the amount of restrictions on the ownership of those.

²“When we got organized as a country and we wrote a fairly radical Constitution with a radical Bill of Rights, giving a radical amount of individual freedom to Americans, it was assumed that the Americans who had that freedom would use it responsibly... [However, now] there's a lot of irresponsibility. And so a lot of people say there's too much freedom. When personal freedom's being abused, you have to move to limit it.” – Bill Clinton on MTV's “Enough is Enough” 3-22-94

Before 1892 Justices of the Peace had the authority to impose a six-month jail term on anyone carrying a handgun, if the person did not have reasonable cause to fear assault against life or property. Even that innocuous requirement was designed to allow police to lock in jail anyone the government wanted to. Obviously, police did not have a capacity to protect each inhabitant of Canadian wilderness and everyone had reasonable cause to fear assault.

In 1892 the first Criminal Code required individuals to have a 'certificate of exemption' to carry a pistol unless the owner had cause to fear assault or injury. Registration of pistol sales was introduced and required purchaser's name, the date of the sale and information that could identify the gun.

Carrying a handgun outside the home or place of business without a permit was banned in 1913, as well as possession of firearm under the age of 16. Police was granted search, seizure and forfeiture powers for firearms.

Registration requirement for handguns was created in 1934.

Automatic firearms were added to the category of firearms that had to be registered in 1951.

The categories of 'firearm', 'restricted weapon' and 'prohibited weapon' were created in 1968-1969. Also police was given powers to search for firearms and seize them if they had a warrant from a judge, even though no offense had been committed.

Fully automatic weapons became classified as prohibited firearms in 1977. Individuals could no longer carry a restricted weapon to protect property.

Bill C-17 that came into force in 1994 introduced mandatory safety training and prohibited full capacity magazines for the semi-automatic firearms, limiting that at 5 rounds for rifles and shotguns and 10 rounds for handguns.

Since 1998 all Canadians in possession of firearms had to have a license and all firearms had to be registered.

Prohibition of certain class of firearms was made possible by registering them initially, then confiscating the now registered firearms from the known owners. No compensation was paid for the confiscated firearms, as is usual with monarchy. That was the same tactics used by the Nazi Germany under their 1938 gun control law: it banned possession of firearms by the Jews after the Weimar Republic 1929 gun control law introduced registration of firearms. It is appalling that a government pretending to be democratic in all other respects, would use the same tactics as the Nazis. Of course they do not feel it is damning in any way and keep pressing for more registration and prohibition. As a matter of fact the left wing of the Canadian government is still pressing for complete prohibition of handguns, semi-automatic rifles and shotguns and severe restrictions on the rest of firearms.

13.4 Great Britain

Why only Canada? Great Britain itself quietly shelved the 12th century law allowing bearing of arms and replaced it with 1689 Bill of Rights that controlled bearing of arms "as allowed by law", which meant that government was allowed to ban weapons completely. And it happened, when in 1870 police was allowed to arrest anyone with a weapon.

Later in 1920 and 1937 firearm registration was first introduced, then through the series of other acts complete prohibition of firearms was ultimately achieved by confiscation without compensation in 1997.

In 1919 the British government, in fear of communist insurgents and domestic and foreign anarchists, passed its first sweeping anti-gun laws (under the smokescreen of crime control) even though gun related crime was almost non-existent in the England of the day. British subjects could now only buy a firearm if they could show 'a good reason' for having one and the firearm certificate system that we have today (implemented and abused by police) was introduced.

In 1936 short barreled shotguns (such as shot pistols used for ratting) and fully automatic firearms were outlawed. 'Safe storage' requirement on the owners of handguns and rifles to was introduced to "prevent the guns falling into the wrong hands".

In 1946 self defense was no longer considered a good reason for requiring a police issued firearms certificate.

In 1953 carrying any type of weapon for self defense was made illegal.

In 1967 Harry Roberts killed three policemen in London using a 9mm Luger pistol and the British government required registration of all shotguns.

In 1982 black powder muzzle loader shooters and handloaders were required to allow police inspection of their security arrangements to ensure safe storage of the powder they possessed at any time of day or night without a warrant.

In 1988 all semi-automatic rifles were banned, including pump action rifles, seized and destroyed.

In 1996 all handguns were banned, seized and destroyed. Violent crime skyrocketed in Britain starting on that day at the rate of about 4% annually. The stockpile of illegal guns, smuggled via black market, increased by almost 3 million units. By 2000 the UK crime rate was highest among developed world, surpassing that even of the USA with their millions of illegal aliens from Latin America.

13.5 Australia

Australian gun control laws are bizarre, because they were based on mis-representation of Canadian gun control and 'resulting' Canadian statistics. Australian Institute of Criminology (AIC) – a branch of Australian federal government – in a 'Firearms and Violence in Australia' publication No. 10 of Feb. 1988 erroneously stated that suicides and homicides with firearms in Canada fell after 1978 when Canada introduced registration of firearms. In reality registration of all firearms was introduced in Canada 10 years later only. The publication concluded, that people have not substituted other methods of killing themselves and others for 'lack' of firearms. It made a false statement that "a reduction in the number of firearms in Australia, and further restriction on their availability, would undoubtedly prevent considerable death and injury." In reality there was no lack of firearms – the new Canadian regulation dealt with acquisition of firearms, not possession.

On Jul 7, 1988, representing federal government of Australia, director of AIC Duncan Chappell signed a memorandum of understanding with Margaret Anstee, head of the Crime Prevention and Criminal Justice Branch Centre for Social Development and Humanitarian Affairs, a subsidiary of the U.N. That memorandum declared a need to severely restrict possession of firearms by Australian population and completely ban possession of semi-automatic firearms. National Committee on violence was established soon after with Duncan Chappell as a chairman. Its activity resulted in the the states adopting licensing, registration and virtual gun bans throughout Australia.

After the introduction of licensing, registration and banning of some firearms, several mass murders have been committed, which resulted in even more restrictions enacted into laws. That culminated in 1996 Port Arthur massacre, where 32 people have been shot to death and 19 injured. The police ministers met and decided that the Australians did not have a right to own firearms. The corresponding changes have been enacted into laws by the parliament. That was followed with a ban on pump action shotguns and semi-automatic firearms throughout Australia and a gun buy-back program funded from medicare tax.

Needless to say, that since the 1996 gun ban crime skyrocketed in Australia, specially theft and armed robberies.

13.6 New Zealand

In 1845, the first laws on gun control were enacted, but pioneer regulations were unsuccessful until the 1860 Arms Act was passed, which mandated the registration of firearms, and licenses to possess for both purchasers and firearms dealers.

Early gun laws in New Zealand were mainly focused on the Maori during the land disputes in Taranaki and Waikato, and in the end 1880s were mostly suspended. Gun laws were un-enforced and ignored around 1910 as crime and the possibility of political unrest were mostly non-existent.

1912-1913 strikes, a Russian Communist revolution, and great numbers of guns which were ex-military entering the country after WWI led to the government passing a new 1920 Gun Act. It mandated the registration of each and every existing firearm and the issuance of a procurement permit before a firearm was purchased. Pistols and machine guns were banned, long guns controlled.

by the 1960s pistols and machine guns were not allowed to be used (but could be collected), rifles were acquired by police permit and registered under a manual recording system, and shotgun owners needed a shotgun permit but the guns were not individually recorded. In 1969, after a period of negotiation, pistols for target shooting were allowed to be used subject to gradually relaxing restrictions, provided users were members of the newly formed NZ Pistol Association. Pistols were registered by and to the pistol club, and individuals had a license to carry pistols they owned. Revolvers (and single shots) and semi-automatic pistols were treated separately. Collectors were allowed to own and keep pistols (and other restricted firearms) and these were registered to them as individuals. Some minor amendments were made during the 1970s, mostly concerning some liberalization of the types of pistols allowed.

In the 1970s and 1980s, several new gun laws were passed, recommending more checks by the government, the registration of shotguns and private licensing.

A 1982 internal report conducted by the police criticized the proposals, stating that there was no proof that registration helped lessen crimes, and that it was a waste of money and time to process registrations; that the funds would be better spent on other police efforts. After much public consultation, the 1983 Arms Act was enacted. The new Act abolished registration for the rifles and shotguns in widespread sporting use in NZ, and instead focused on licensing the individual rather than registering sporting long arms.

In 1990 the multiple homicides at Aramoana raised public concern which was addressed by the ending of the lifetime license and its replacement with one for ten years, and which included stricter refereeing along with inspections of firearm storage facilities for home users. The term Military Style Semi Automatic (MSSA) was introduced and a specific arms license endorsement for MSSAs was created. Like all other forms of endorsed arms licenses this required four referees (instead of the usual two), and compliance with existing laws and use was emphasized. It is known that several hundred MSSAs escaped registration when the Arms Amendment Act 1992 took effect.

Subsequent reviews of NZ firearm controls have included one, in the mid-1990s, by Sir Thomas Thorp, which urged (among other things) that control be taken away from the police and recommended a return to full firearm registration (provided public acceptance was widespread). These culminated in various Arms Amendment Bills, the third of which remains to be enacted.

In June 2009 Police changed the definition of “military pattern free standing pistol grip” as it applies to the Arms Act 1983 thereby redefining the criteria for MSSAs. Overnight a large number of rifles and shotguns legally held on an “A” license now fell outside the definition of “sporting configuration” and into the category of MSSAs.

13.7 Worldwide disarming of population

Tracing the roots of populace disarmament takes us to the United Nations (UN). That organization, created under the banner of global peace and justice, has been emasculated and hijacked by our enemies and turned into the 3^d world dictatorship club, boiling pot of animosity towards everything which is dear to the West.

In the field of arms trade the UN has been working relentlessly to disarm the individuals and concentrate firepower in the hands of government only. Under pressure from UN one country after another have introduced firearms licensing, registration, training and qualification requirements, screening and other barriers on the way to using guns for self-defense against criminals and tyranny. With the muslim states disproportionally represented in the UN gun control bureaucracy, it comes to ridiculous. A military wing of Palestinian ruling party Fatah – terrorist organization – gets a UN approval for acquisition of the armored personnel carriers armed with 14.5mm KPV machine guns and 14.5x114mm armor-piercing incendiary ammunition for those from Russia, but the peaceful and law abiding target shooters in the Western countries cannot obtain regular ball ammunition for their rifles in that caliber due to a UN-imposed ban on international traffic in ammunition larger than 50 caliber.

The tentacles of the hijackers of UN have stretched into every Western country, with organizations such as Canadian Coalition for Gun Control (CCGC) virtually dictating the gun control policies to the UK, Canadian, Australian and New Zealand governments. It is boasting on its web site and in its publications of having consultations with the parliaments of those countries on gun control measures.

Their success in enacting gun control laws is marked with blood of the innocent victims who become easier targets for the criminals. A handful of activists, such as CCGC president Wendy Cukier, UN Under-Secretary General Margaret Anstee, Cindy Collins of Browns University, USA, drive the process of disarming population of one country after another. This handful of activists amazingly hangs onto the UN despite having no visible experience in firearms field of technology.

Wendy Cukier goes around and gives interviews introducing herself as a professor of criminology, where in reality she is just an IT instructor – she teaches information science at Ryerson College in Toronto, Canada. Mass media buys her fake credentials without fact checking and is unwilling to publish corrections. That fake criminology professor writes papers on use of firearms for the UN and lectures world governments on gun control while knowing precious little on design, function and operation of firearms. She not only faked her credentials – she faked numbers in her ‘press releases’, distorted statistics and twisted facts in recorded testimony during the Canadian Parliament hearings on gun control. It is a mystery how this liar managed to elevate herself to a position of gun control mentor for entire world and no one wanted to notice false statistics, misrepresentations, omissions and lapses of logic in her writing.

Even though UN claims that its population disarmament policies aim at reduction in violence, the number of disarmed victims of Rwandan genocide alone is greater than all victims of gun crime in the West combined. 800,000 people have been effectively disarmed by Rwandan strict gun control laws preventing Tuttsi from owning guns and subsequently killed by machete wielding Hutu militias. The presence of armed UN peacekeepers headed by Canadian general Romeo Dallair has not stopped the massacre.

UN stood idly as Uganda government crowded Acholi residents into the concentration camps despite their objections under the guise of protection from LRA attacks. However the conditions in the camps have been horrendous in violation of all UN statutes. The Uganda People’s Defense Forces, whose barracks the camps have been built around, did nothing to protect the camp occupants from LRA attacks. About 1,000 camp occupants a week died from crowding, starvation and diseases in 7 years of conflict, which amounted to over 350,000 dead. UN refused to recognize Acholi displacement as an act of genocide.

Currently the muslim Arab government of Sudan is committing religiously motivated genocide of Christian black population throughout Sudan and ethnically and economically motivated genocide of African muslim population specifically in Darfur province. When called to action on Darfur genocide, UN have instead *re-defined genocide* in its books in order to accommodate Sudan government and declared Darfur ethnic cleansing *not genocide*. This is how UN tried to obscure the fact of complicity in tens of thousands of deaths that resulted in UN-sponsored disarmament of South Sudan population³

Instead of doing something of value for the victims of genocides around the world, UN has been largely a useless busy-body that produced nothing, but documents. Its Genocide Convention, adopted in 1948, has not prevented a single death of a disarmed victim at the hands of armed dictatorial government ever since.

How can we in the West trust the UN with our life and safety after it demonstrated a solid track record of failure to ensure the safety of the people in the 3^d world countries that it promised to protect?

Only the stupid keep trying the same thing after it repeatedly failed, and UN gun control has failed everywhere. The only solution is increased civilian firearms ownership, abolishment of licensing and registration of firearms and the owners. Only that can ensure that no government can confiscate the means of self-defense from the people.

13.8 Approach to gun control

Unfortunately many of those who value and protect the right to keep and bear arms, even in the United States, are under a mistaken impression, that they are under attack from the proponents of gun control because they are not debating enough and not demonstrating good and reasonable enough behavior as regards to firearms. They fail to notice, that the gun owners have been exceptionally well behaving since very declaration of independence and 1776 bill of rights.

The proponents of gun control, when faced with statistical data on insignificant number of firearm related deaths versus large number of other causes, should have realized long time ago that their efforts and donors' money could be much more efficiently spent elsewhere. However for about a hundred years gun control only escalates.

Realization that there is no debate is long overdue. No amount of arguing and presenting scientifically established and justified facts produces demonstrable change in the mind of the gun control advocates. Their mind is locked on a single goal – removal of private ownership of firearms. It would be reasonable to ask – but what is next? What alternative are you proposing? Is that it – no guns in the hands of private citizens? Devising your plan you should have thought how else security of every disarmed individuals should be provided?

Well, that is where the agendas of gun control organizations ends. Thinking of the alternative security guarantees for us is not a part of their stated goal, not part of their agenda and program. At most they would mention some nonsense, such as 'you should hire armed guards' or 'police protection is sufficient'.

We should no longer try to debate and demonstrate that we are responsible law abiding people, trained and focused, dedicated to safety of our firearms. This simply does not work. As long as we are following that path, we are guaranteeing proponents of gun control can continue to disarm us without risk of injury. They need to be afraid to tread on us instead.

With much debate in the Internet forums over the last 30 or so years the gun owners have always tried to maintain civility and sound reasonable. None of them unfortunately decided to sacrifice their life and reduce our genocidal enemy ranks. This is real shame, as over the last 30 years many gun

³IS RESISTING GENOCIDE A HUMAN RIGHT? David B. Kopel, Paul Gallant, Joanne D. Eisen

owners, devoted to preservation of the right to keep and bear arms, died of old age and terminal illnesses. None of them had enough strong will to take up their guns and rid us of some of the most vocal genocidal maniacs, who worked hard to disarm Western society. If only a handful of us sacrificed their lives to decapitate the gun control organizations, the society as a whole would not be under such tremendous gun control pressure now. It is especially shame for the US people, who were granted the 2nd Amendment specifically to protect the rest of their rights!

Chapter 14

Suppression of liberty

Free speech was not spared. Many of the Western countries introduced hate speech laws under the pressure from ever-offended categories – radical left, religious and immigrant groups. Those laws allowed arresting, fining and jailing people for speaking their mind by declaring certain phrases, words, gestures and grimaces hateful. British police once arrested a driver for revving the engine of his car, accusing him of doing that with racist intent towards a muslim couple who happened to be on the pavement nearby.

Municipal government is the level where the most egregious unconstitutional laws are being enacted. They may even know that their laws are unconstitutional, but still enact them because challenging such laws is costly and there are no consequences for enacting them anyway. The cities can violate any right guaranteed by federal constitution, such as freedom of speech, right to make a living, to life, safety and security and other rights. Examples are numerous, but very few such laws get challenged and repealed, because it is costly and the municipalities possess many means to get even with an annoying challenger.

One Canadian municipality banned manufacture, sale and display of toy guns for safety of the public. They did not bother to explain what was the connection and nobody asked, because there was not a single toy factory in the whole city. With one strike of a pen they violated the right to make a living of 450,000 residents, who can no longer earn income by manufacturing and selling toy guns. This feel-good law is still on the books, doing nothing good or bad yet, except that the city councilors have collected pay while enacting it.

Another Canadian municipality banned possession of spray cans by anyone under 18, obviously to combat graffiti. Considering that most graffiti is created by the street gangs to mark their territory, that law is going to deliver a mighty blow to them. Forgive our sarcasm – the authors are skeptical. But in the process they forbade those 16-18 year old, who work with spray paint, from making a living.

Why is it that it never occurs to the municipal councils that there is a supremacy of constitutions over their shtetl-level laws? It is obvious that it does not, otherwise there would be no huge volume of unconstitutional by-laws on municipal level.

When the government fails to prosecute people in criminal court, they still want to get them. After failing systematically to obtain convictions for the suspected bosses of organized crime, one government after another simply enacted the laws that allowed confiscation of property and money from anyone for no reason other than suspicion of illegal activity. The novel process is called civil forfeiture, which gives it a guise of legitimacy. Originally the reason for enacting this legislation was given in terms of combating organized crime. In reality it is nothing but institutionalized robbery under the barrel of the gun. To confiscate someone's property under the civil forfeiture laws all the government needs is suspicion that the property could be used for illegal purposes. Then they sue the property owner in civil court and the onus is on the property owner to prove that government is wrong. The laws are written

in such language, that everyone should expect that at some point the government will come knocking on the door to get your property. This is an excellent mechanism to get even with the opposition and there is already a documented case of political prosecution of an activist in Canada.

In Canada one could challenge constitutionality of gun control law – the Firearms Act – only after being charged with an offense under that law. Bruce Montague, a Canadian gunsmith and gun rights advocate, was willing to be arrested for the violations of the Firearms Act and worked hard to be arrested and charged by escalating his offenses for several years, until it was enough to attract attention of the prosecutor's office. Once convicted, his property was sued by the civil forfeiture office of the province of Ontario as an instrument of his illegal activity. This is how the Ontario government punished Bruce Montague for his political views. The fact that Mr. Montague has built his house long before the Firearms Act was enacted did not impede the office of civil forfeiture's quest to destroy his life.

As Mr. Montague was a gunsmith, his source of income was destroyed, first when he burned and refused to renew his firearms license in protest against gun control, then after his conviction he was prohibited from possessing firearms. This financially ruined by the government person now has to pay to fight government in court to retain his property. Is not that grand?

David Olofson's case in the US demonstrated, that BATFE will apply arbitrary alterations to the firearms of the accused to prove they could be fired in full-auto mode to get a conviction. The only fault of the accused was that he has not paid \$200 to the federal government. He was arrested on suspicion that he 'illegally transferred a fully-automatic firearm'. BATFE technician has modified his firearm, that at the point of seizure was jammed and inoperable. After the modification the technician fired a few rounds from that firearm in a full-auto mode, after which it jammed again. The court refused to disclose the modification that was done to the firearm and convicted David Olofson. Now with criminal conviction behind him, David Olofson is barred from possessing firearms. So much for the right to keep and bear arms.

Chapter 15

Out of control immigration

For all of past human experience and still today control of territory is a precious resource for maintaining ethnic genetic interests in the long run... immigration policy for most societies in most ages has consisted of a blanket ban.

Dr Frank Salter, *On Genetic Interests: Family, Ethnity and Humanity in an Age of Mass Migration*

Let us talk about the ethnic profiling of the immigrants to the West, or rather lack thereof.

Unfortunately, to fully appreciate this chapter, one would have to be exposed to the ethnic neighborhood for more than a few months. Living among the diverse immigrant neighbors can be very challenging. The authors have been told on many occasions that living among the immigrants should be fine – by those who did not live in those communities. One has to see and feel it to appreciate!

In no way we are suggesting that white people of European ancestry do not throw the noisy parties. They do and many police reports are evidence to that. However the migrants from certain 3^d world countries not just party noisily rather systematically – they live noisily! Approaching them is not for a faint heart. One of the authors once asked his immigrant neighbors just to lower their voices (they had a peaceful conversation at the moment, but communicated by hollering at the top of their lungs for some reason). The reaction was surprising for an uninitiated: they started blowing the horns of their cars to demonstrate how they despised the author. Those people regularly threw noisy parties with heavy smoke and smell of ethnic foods spreading around the block.

The other house down the same street housed many families, difficult to tell how many. They communicated among themselves by yelling inside the house, from inside the house to the outside and vice-versa. They had no restraint as to hollering of their numerous children and never apologized when they came to demand that one the authors returned the soccer and tennis balls thrown across the fence into the flowerbed. They fed birds with leftovers and those defecated all over the place waiting for the bread crumbs.

One of the authors' neighbor ran a business in his garage, cutting wood. He too had no qualms against unloading a van full of 2x4s into his garage at 6am and running his saw all day. When he finished, he washed saw dust into the sewage using a garden hose and wind blew it across the neighbors lawns.

Despite municipal by-law prohibiting converting single-family dwellings into multi-family, some ethnic neighbors built the basement apartments for the marginalized who used drugs openly, without fear of police, thus turning community into a slum.

Another author's muslim neighbor played Urdu muslim prayer radio channel in his van at top volume and listened to it through the open windows of both van and a house late at night.

The shootings and stabbings took place over drug trade with the victims and perpetrators being all immigrants from the 3^d world. All while not a single white Canadian was arrested within many miles from that community in almost a decade. You have to see it to appreciate it.

The visitors of the local mosques, gathering for Ramadan and Eid prayers, illegally parked their vehicles in the parking lots of surrounding businesses and crossed the streets towards the mosques without respect to regular traffic, causing the drivers to slam on the brakes.

As mentioned earlier, the IQ of the 3^d world population is significantly lower than that of the people in the West. People in some countries struggle with the rudimentally simple tasks, even as simple as building an adobe hut, digging a well or growing beans. However, immigration laws of the Western countries do not take that difference in IQ into account and treat all migrants as if they were equal.

While it should be blatantly obvious for everyone that a country, accepting migrants with higher IQ and rejecting those with lower, would be better off in the long run, such profiling not just does not take place – it is strictly prohibited. Even speaking about this issue is considered racist and is therefore a taboo in the West. As a result of our traditional immigration policies treating everyone equally, the average IQ in the West has been steadily declining from the moment massive immigration from the 3^d world was allowed. This is an inconvenient correlation, largely overlooked and unpopular.

Along with dumber population, the immigrants bring their backwards cultures along. That is fine under the doctrine of multiculturalism, which as you know considers all cultures equally valuable, but it is disastrous in reality. Many 3^d world societies still worship idols and make sacrifices, mutilate their babies and children bodies, practice honour killings, treat roaches as pets and use questionable hygienic practices.

Previously almost eradicated in the 20th century, bed bugs now infest the homes, hotels, offices and vehicles in the USA. They have been brought by the aliens from the 3^d world and re-introduced in the 21st century. The aliens from India intentionally bring roaches into their homes, driving up the bottom line of landlords and future owners of their homes with pest control expenses.

The aliens have brought back tuberculosis, also virtually eradicated in the West. Feliciano Morelos, a 19-year-old Mexican farm worker and TB carrier living in California infected 56 people, prompting public health officials to order him quarantined. He refused the order, so police arrested him for endangering public safety. Mr. Morelos, the first person jailed in Santa Barbara County for refusing to obey an isolation order, had to be held in a special jail cell with air filters to keep him from infecting other inmates. Police in San Joaquin County, California, arrested TB infected 34-year-old Armando Rodriguez who refused to take prescribed antibiotics after he became concerned that they 'might damage his liver' if combined with illegal narcotics he consumed and his binge drinking. Police in Lawrenceville, Georgia have arrested and jailed Francisco Santos, a teenager who tried to walk out of a hospital and go home after being diagnosed with TB (tuberculosis). Lots more cases of TB patient arrests around USA for some unknown reason yielded almost exclusively latino names. The TB medications are provided and administered to them free of charge under free doctor's supervision. No one has offered a rational explanation why the aliens from Latin America are so hell bent on refusing TB treatment and infecting American public.

It is widely known that crime rate in many of the 3^d world countries is many times higher than in the West, specially violent crime, while background checks are difficult due to widespread corruption and lack of reliable computer databases. The criminals from the 3^d world migrate to the West and bring their criminal associations and practices with them. Examples are numerous: gangs from Kingston, Jamaica; Tamil terror versus Sinhalese; Kosovo Albanian mafia and many more. The USA has left its Southern border virtually unprotected, thus allowing Mexican and other Latin American drug cartels to roam freely, strolling into the USA with drugs and out with the guns. Canadian authorities now

report, that to claim refugee status, Romanian gypsies enter Canada illegally by rushing the border checkpoints in the minivans they drive from the US, where they arrive across the border with Mexico.

The male muslim aliens now commit honor murders of their spouses, female relatives and children who in their opinion disgraced or were going to disgrace the family. Virtually every crime report of gang activity in Canada now includes muslim names – they permeate organized crime in order to take over control and spread islam among prison population. The Somalian muslim criminals participate in many of the street gangs in Toronto and the left is calling for increased support to help the Somalian youth to find jobs etc. The question we should be asking instead is how, despite ‘strong’ Canadian immigration policies, restricting immigration on the basis of qualification and experience, those Somalians entered Canada in the first place? Why did Canada feel so compelled to bring in those foreigners, who had zero chance in getting a job here and becoming a contributing member of society? How come immigration policies, devised to favor those who should easily integrate into Canadian society and find jobs, strangely failed on those criminals and why nothing is being done to fix the mistakes and hold the architects of failed immigration policy responsible?

US government is turning blind eye to illegal immigration from Central and South America. To mask devastating effect of alien crime on American population, it designed procedures such as FBI Uniform Crime Reporting (UCR), which has only four categories of race: White, Black American, Indian or Alaskan Native, Asian or Pacific Islander. The Hispanics, Middle Eastern, East Europeans, Arabs and Asians are all lumped into White race. All Africans are lumped into Black American race¹. They not only allow steady flow of illegals to continue walking across the South border, but they are going out of their way to arm Mexican criminals under “Fast and Furious” project and hide the fact. The accommodations of the illegals in the US are startling: free education, free emergency health care, safe heaven cities and states, even uncontrolled voting along the US citizens.

Canadian government is providing lavish accommodations to the Sri Lankan Tamils arriving by boat loads, instead of sending them back to the sea. Canadian police have been photographed holding umbrellas above the illegal Tamil aliens who arrived by MV Sun Sea ship to Vancouver in 2010². That is the same police who would strip search Canadian hunter in his front yard for doing nothing illegal, but having a rifle and shooting pests for a local farmer³; the same police who would break person’s arm for walking along the road with a Canadian flag⁴. Once here, the Tamils, many of whom are members of the terrorist organization Liberation Tigers of Tamil Elam (LTTE), apply for welfare and never work a day. Seeing those healthy young individuals riding new cars with LTTE logos and flags is insulting to the hard-working Canadian people. This terrorist organization was allowed to establish its Canadian wing with impunity as demonstrated by their protest rallies, that attracted thousands of Tamils, wearing LTTE logos on their cars, shirts and flags, who at other times deny any connection to LTTE. Canadian government obviously does not care and turns blind eye to their presence and behavior and to the fact that some Canadian business provides material support to terrorism by supplying Tamil Tigers with flags, shirts and decals displaying LTTE logo contrary to Canadian law.

At the same time Canada would not welcome the white immigrants from South Africa who are seeking security and looking to escape the crime ridden hell hole that their country has become since abolishment of apartheid. Being the loyal subjects of the Queen of England, Canadian government is not welcoming the hard working, educated, rich South Africans in revenge for the atrocities of Boer war, fought by Britain and South Africa 100 years ago. Cruelty of English monarchy is still the same as in the medieval times.

¹FBI: Uniform Crime Report, Crime in the United States, 2011

²Tamil ship could lead to law change: Harper, CBC News, August 17, 2010

³Mark Bonokoski, A Terrifying And Senseless Ordeal. OPP Under Fire For Small-Town Arrest, The Toronto Sun, 2003.07.25, Page 6

⁴Crown drops charge against Randy Fleming, by Gary McHale - The Regional, Jan. 5, 2011

Misguided doctrine of multiculturalism dictates that the Western democracies should not take sides in the 3^d world ethnic conflicts as regards to immigration. And they do not, importing both or all sides of the conflicts into our midst. Thus they brought over large numbers of both Middle Eastern muslims and Christians; Sri Lankan Tamils and Sinhalese; Yugoslavian Serbs, Bosnians, Croatians and Albanians; Rwandan Tutsi and Hutu; Indian Hindus and Pakistani muslims; Arabs and Kurds; Turks and Armenians. The government fully understands what they are doing and how that impacts social fabric of our countries – it helps to inflate their security, intelligence and surveillance budgets. They allow all parts of the conflicts to come over and continue hating each other here. There have been documented acts of violence between the above mentioned nationalities/faiths all over Europe and North America that mass media would prefer to ignore.

Deportation is the only correct answer to the immigration problems. That is what all imported troublemakers are afraid of the most. Even just the threat of using deportation to solve the issues they are creating will work as a robust sobering. Indeed, back home they are facing brutal dictators, military conflicts, terrible sanitary conditions, starvation and poverty – all the things that the West repaired for them without any token of appreciation in return. Deporting even 1% of the troublemakers would wake them up and sober them up. Even the rumors within their ‘communities’ about someone who got deported back to the 3^d world hellhole and consequences that followed will make the remaining think twice before taking up criminal lifestyle and joining the gangs. Even one single alien who would be thrown in prison, tortured or killed after being deported would fix the immigrant crime rate here by a great measure.

The rumors spread quickly among the ethnic or religious immigrant communities and the fact that someone had been deported would spread very quickly. That would have an umbrella effect, similar to the effect the concealed weapon carry licenses have on the rest of the population due to the criminals not knowing who is armed and who is not. They will not have a chance to know who will be deported next. Refusal of the Western governments to use deportations is suicidal!

For balance sake, they do use deportations under rare circumstances, but mostly against those, who belong to known non-violent faith and nationality. The high-profile deportation cases in Canada include a successful business-woman Miaomiao Wang from China, but do not include a convicted muslim terrorist Mahmoud Mouhammad Issa Mouhammad, who lives in Canada for 20 years after ordered deported by immigration judge. Zakaat can clearly provide immunity from application of Western laws to almost every muslim in the West (as long as they are “good” muslims, i.e. terrorists).

Chapter 16

Video games

Substitution of playing with friends outside by playing video games among youth has several adverse effects on their health and development. It has similar effect on the adults. Those effects are factual and natural, they are not a subject to debate.

The northern climate of many Western countries provides not enough sunlight for the body to produce enough vitamin D for normal development of infants. Every moment spent outside playing in the sunlight is valuable, even precious. This fact is widely recognized and there are attempts to compensate for lack of vitamin D by supplementing it in food through legislation. Playing video games takes away time that should be better spent outside.

It is another known fact that physical activity is required for development of motion skills, stamina and strength in children. The video games reverse that process as they require maintaining the same posture for prolonged periods of time, restricting blood flow and reducing breathing, often in air conditioned environment that already lacks oxygen.

There have been documented cases where prolonged playing of video games lead to death of players from cardio-vascular conditions developed during the game. Apparently extreme emotional feelings produced by the involvement in the game, coupled with lack of blood circulation, reduced breathing and irregular nutrition, drinking, urination and defecation can create such enormous strain on the body, that it may simply shut itself down. Despite that game addiction is not officially recognized in medical and political circles. Various surveys indicate that at least 3% of players demonstrate symptoms of addiction to playing the games, similar to drug addiction. Some army recruits in Finland had to postpone their enlistment due to insufficient maturity and the army included excessive computer game playing as one of major factors.

Another obvious effect of playing video games is increased risk of obesity through irregular nutrition and lack of movement. With Western population already suffering from obesity problem due to systemic MSG/fluoride/sugar substitute poisoning and substandard nutrition, the video games compound this problem even more.

Often overlooked is the psychological aspect of playing many video games. The interpersonal relationships portrayed in those are rather fictional, not even remotely resembling relationships among the members of our modern society. Getting used to those might create enormous stress in the real world and lead to further isolation of our youth.

This is not to demean the value of the educational games and simulators that can help develop important skills. Controlled use of those types of computer games is very positive indeed, helping develop skills otherwise very expensive or unavailable. However children should not be allowed to glue themselves to the computer monitors for many hours while playing games that teach them nothing of value. Casting spells is not something that they can use in later life.

Chapter 17

Substance abuse

Besides the well known negative health affects, alcohol and tobacco actually cost a fortune. The Western civilization is already struggling the effects of destruction of economy and huge cost of drinking and smoking can be used much better. If the reader is looking for the ways to improve their financial condition, quitting drinking and smoking should be on the list of the top priorities.

The cost of drinking alcohol and smoking is absolutely exorbitant in the author's view. Drinking 6 beers a night costs at least \$9, or \$3,265 a year. Doing the same at a pub would cost at least twice that much, or \$6,530 if no cab rides are involved. Including the cab rides from the pub can bring that amount to \$9,000-10,000.

Having a bottle of regular whine every weekend would cost anywhere from \$8 to \$35. That would be \$1,326 a year. Double that amount if the wine would be consumed at a restaurant.

Currently a pack of cigarettes costs \$5-10, with most smokers using one-two packs a day. That is \$2,738-5,475 a year.

Drinking beer, whine and smoking cigarettes costs \$7,000-14,000 a year. For that much money one could afford a better house or car, investments and savings, dental work, fitness club or education and training.

Besides chronic MSG poisoning, both drinking and smoking contribute to the high rates of cancer in the Western countries. Decomposition of ethyl alcohol in human body produces acetaldehyde, which is a carcinogen and causes tissue necrosis. Why would anyone want to consume the substance, that caused cancer? It is difficult to justify such choice.

Our already strained finances have to pay for cancer research and treatment of the patients. These money can be much better spent on research and development of new products and services by the businesses rather than extracted from them as taxes. Quitting drinking would be a wise thing to do if we wanted to preserve our society.

To break the chains of acceptance of alcohol and tobacco under the peer pressure from society we must instill in our children from young age thorough understanding of medical and financial harm they cause. The teenagers usually demonstrate interest to tobacco and alcohol if it is available in the family around the age of 14. Just not having any alcohol or tobacco in the house for a couple of years before and after that age can help reduce the exposure. It is also important to control the partying and prevent the teens from visiting the parties where they can get access to alcohol, tobacco and narcotics. The best course of action would be to be present at their parties and keep them under a watchful eye at that vulnerable age.

If you absolutely cannot get rid of drinking and smoking, remember to lock alcohol and tobacco away from your children and reinforce the idea that their generation should be better disciplined than yours as regards to drinking and smoking.

Chapter 18

Morbidity and reproductive failure

Dear me! It is a stake for which a man might well play a desperate game.

The Hound of the Baskervilles,
Sir Arthur Conan Doyle

Below you will find the health effects of several poisons that Western population systematically consumes with food, water and medications: free processed glutamic acid, sugar substitutes, fluoride and birth control pills collectively referred to as GSFP below. The symptoms of chronic poisoning with those substances are very similar. Confusion over continued health problems in absence of one of those has lead to denial of toxicity of each of them by the medical professionals and researchers, as removal of one of them did not result in disappearance of the symptoms simply because two or three others continued causing the same issues. That has sent many researchers on a wild goose chase as regards to the health effects of each of those substances. Table 18.1 illustrates the common symptoms of GSFP poisoning.

Table 18.1: GSFP cross-reference

Condition	Cause			
	Aspartame	MSG	Fluoride	The Pill
Anxiety attacks	Yes			Yes
Asthma	Yes	Yes		
Bone loss (osteoporosis)	Yes	Yes		
Breathing difficulties	Yes			
Cancer	Yes	Yes	Yes	Yes
Cholestatic jaundice				Yes
Colitis		Yes		Yes
Depression	Yes	Yes		Yes
Diabetis			Yes	
Dizziness	Yes		Yes	Yes
Fatigue	Yes			
Gallbladder stones				Yes
Headaches	Yes	Yes	Yes	Yes
Hearing loss	Yes			
Heart palpitations	Yes	Yes	Yes	
Continued on next page...				

Table 18.1: – continued from previous page

Condition	Cause			
	Aspartame	MSG	Fluoride	The Pill
Hemorrhage				Yes
Hypersensitivity		Yes	Yes	
Hypertension		Yes	Yes	
Infertility		Yes	Yes	
Insomnia	Yes			
Irritability	Yes	Yes		Yes
Joint pain	Yes	Yes	Yes	
Kidney failure		Yes	Yes	Yes
Liver tumors	Yes	Yes		Yes
Loss of taste	Yes	Yes		
Memory loss	Yes	Yes	Yes	
Migraines	Yes	Yes	Yes	Yes
Muscle pain		Yes	Yes	
Muscle spasms	Yes			
Nausea	Yes	Yes	Yes	Yes
Numbness	Yes	Yes		
Rashes	Yes	Yes		Yes
Seizures	Yes			
Slurred speech	Yes			
Tachycardia	Yes	Yes		
Tinnitus	Yes			
Trombophlebitis				Yes
Tyroid disfunction	Yes	Yes	Yes	
Vertigo	Yes			Yes
Vision problems	Yes			Yes
Weight gain	Yes	Yes		Yes
Weight loss			Yes	Yes

A look at the 18.1 alone should make it perfectly clear for the readers: there is huge incentive for the pharmaceutical, healthcare and food industries to keep status quo and fight the attempts to ban the substances or at least legislate food and water labeling and notifications to the patients.

Table 18.2: Annual cost of GSFP treatment (millions US\$)

Condition	Medication	Treatment
Anxiety attacks	380	
Asthma	4,600	120,000
Bone loss (osteoporosis)	6,835	
Breathing difficulties		
Cancer	90,000	1,000,000
Cholestatic jaundice		
Colitis	1,756	
Depression	12,910	2,500,000
Continued on next page...		

Table 18.2: – continued from previous page

Condition	Medication	Treatment
Diabetis	19,968	376,000
Dizziness		
Fatigue		
Gallbladder stones		
Headaches	15,815	
Hearing loss		
Heart palpitations		
Hemorrhage		
Hypersensitivity		
Hypertension	25,033	
Infertility	4,841	9,000
Insomnia	2,300	
Irritability		
Joint pain	see: Headaches	
Kidney failure		70,000
Liver tumors		30,000
Loss of taste		
Memory loss	10,900	
Migraines	see: Headaches	
Muscle pain	see: Headaches	
Muscle spasms		
Nausea		
Numbness		
Rashes		
Seizures	5,482	
Slurred speech		
Tachycardia	1,631	
Tinnitus	1,380	
Trombophlebitis	4,920	
Tyroid dysfunction	1,864	
Urinary tract infections	500	2,000
Vertigo	835	
Vision problems		
Weight gain	80	586,000
Weight loss		
Total	209,730	4,695,300

The total value of the market for treatment of just those conditions and medication sales that the authors have been able to find information for is almost \$5 trillion. The values above are underestimated as there are no sales figures for many medications, while cost of treatment for some conditions is hard to estimate, thus they were left blank.

Only a diet, completely free from GSFP, can restore health of Western civilization and allow honest medical professionals and researchers to concentrate on real sicknesses instead of the effects of poisoning.

Healthy immune system is so strong, that only a handful of viruses and bacteria can defeat it. Without chronic poisoning we would no longer be bothered so much with common cold and many

infections. We would not need vitamin supplements too as microorganisms of healthy intestine would produce them in sufficient quantities from poison-free food. Do not rely on help from your family doctors as regards to GSFP. Majority of family doctors are incredibly uninformed and misinformed about its health effects. They collectively underestimate the impact of GSFP on human health and tend to dismiss it as a hoax.

This situation suits everyone in position of power to impact our health. The doctors are charging for every visit and procedure. Pharmaceutical industry pumps more and more new drugs into the market and gives kickbacks to the doctors for prescribing those¹. The governments in some countries collect taxes for healthcare and pay its bureaucrats for shuffling papers. This is a multi-billion dollar market for each of those that they cannot afford to lose. The monsters in white gowns have betrayed us for a handful of dollars. The fact that they are doing that not to put bread on the table, but to put caviar on that bread, makes this diabolic crime even worse. None of the poisoners are poor, none of them is starving – they are extremely rich people and their scheme is to multiply their billions of net worth.

There still would be huge market for the pharmaceutical companies, family doctors and dentists even if Earth's population was not chronically poisoned. Their greed is disgusting.

Consistent with the introduction of MSG and sugar substitutes in the 1950s, there is a sharp increase in serial murders: from virtually constant rate of about 10 per decade (once a year) between 1900 and 1950 to 40 in 1960s, 110 in 1970s, 170 in 1980 and 90 in 1990s². That represents 5-10 fold increase that has yet to be rationally explained. The authors suggest a direct link of serial violent crime to introduction of neurotoxins in food. This link should at least be investigated.

18.1 Fluoride

Earlier we wrote about introduction of water fluoridation in USA in an attempt to redefine fluoride from a harmful water pollutant into a beneficial supplement, thus turning it from a liability of aluminum industry into an income generating asset. Let us review the health effects of fluoride in drinking water.

If fluoride had no negative health effects, there would have been no such condition as dental and bone fluorosis, but there is.

According to Franzman M.R., Levy S.M., Warren J.J., Broffitt B. participants in the Iowa Fluoride Study received questionnaires at regular intervals concerning fluoride sources. The authors assessed fluorosis using the fluorosis risk index. They estimated daily fluoride ingestion from dentifrice, diet and fluoride supplements and divided the amount by kilograms of body weight. In bivariate analyses, mild fluorosis was significantly related to ingestion of fluoride dentifrice at ages 24 and 36 months ($P = .02$ for both). After the authors adjusted for fluoride ingested from dietary sources, logistic regression showed a significant association between fluorosis and dentifrice ingestion at age 24 months. The study results suggest that fluorosis of the permanent incisors is influenced by ingestion of fluoride dentifrice during the first three years of life. Further research is needed to assess total intake of fluoride as a risk factor for fluorosis. These results support recommendations that young children use only a pea-sized amount of dentifrice. Parents should supervise young children as they brush their teeth with fluoride dentifrice³. The study concluded, that ingesting “over the pea sized” amount of toothpaste with fluoride represented risk of fluorosis of permanent teeth in children, while the amount of fluoride in drinking water consumed during the same time period exceeds the amount in dentifrice by several powers of 10.

¹Glaxo in \$3 Billion Settlement, JEANNE WHALEN, DEVLIN BARRETT and PETER LOFTUS, The Wall Street Journal - Technology, July 2, 2012

²Extreme Killing : Understanding Serial and Mass Murder, Chapter III, Figure 3.1, James Alan Fox, Jack Levin

³JADA Continuing Education: Fluoride dentifrice ingestion and fluorosis of the permanent incisors, Michael R. Franzman, Steven M. Levy, John J. Warren, and Barbara Broffitt. Department of Periodontics, University of Iowa, Iowa City 52242, USA. JADA May 2006 137(5): 645-652

According to World Health Organization ingestion of excess fluoride, most commonly in drinking water, can cause fluorosis which affects the teeth and bones. Moderate amounts lead to dental effects, but long-term ingestion of large amounts can lead to potentially severe skeletal problems. Fluorosis is caused by excessive intake of fluoride. The dental effects of fluorosis develop much earlier than the skeletal effects in people exposed to large amounts of fluoride. Clinical dental fluorosis is characterized by staining and pitting of the teeth (commonly misdiagnosed as caries). In more severe cases all the enamel may be damaged. Chronic high-level exposure to fluoride can lead to skeletal fluorosis. In skeletal fluorosis, fluoride accumulates in the bone progressively over many years. The early symptoms of skeletal fluorosis, include stiffness and pain in the joints. In severe cases, the bone structure may change and ligaments may calcify, with resulting impairment of muscles and pain⁴⁵.

Looking at the two statements above from the medical professionals, one can only come to conclusion, that if a single slight overdose of fluoride dentifrice could cause fluorosis, then systematic drinking of water with fluoride was guaranteed to cause it, as our toothpaste, small quantities of which we involuntarily ingest daily, already contains enough fluoride. This is pure logic, but it is not occurring to anyone involved with fluoridation. Indeed, in addition to fluoride in drinking water, people also can ingest fluoride in toothpaste, mouth rinse, and dietary fluoride supplements or in beverages and foods prepared with fluoridated water. As a result, many Americans might ingest more “incidental” fluoride than was anticipated by PHS and EPA in recommending standards for drinking water⁶.

Descriptions of the symptoms and range of fluorine in bone ash for each clinical phase of skeletal fluorosis follow⁷:

Phase 1: sporadic pain; stiffness of joints; osteosclerosis of pelvis and vertebral column (6,000-7,000 ppm F in bone ash).

Phase 2: chronic joint pain; arthritic symptoms; slight calcification of ligaments; increased osteosclerosis/cancellous bones; with/without osteoporosis of long bones (7,500-9,000 ppm F in bone ash).

Phase 3: Crippling Skeletal Fluorosis: limitation of joint movement; calcification of ligaments/neck and vertebral column; crippling deformities of spine and major joints; muscle wasting; neurological defects/ compression of spinal cord (more than 8,400 ppm F in bone ash).

In 1953, Dr Harold C Hodge, the leading fluoride toxicologist, applying Roholm’s intake dosage range of 0.2-0.35 mg/kg/day to the range of weights of 100-229 lbs, concluded that 20-80 mg/day of fluoride intake for 10-20 years would be necessary to produce skeletal fluorosis. This result was published in 1953 by the National Academy of Sciences/National Research Council (NAS/NRC). In 1990, in response to queries about fluoride in a NAS/NRC publication,³ NAS/NRC quoted Roholm as supporting evidence for the statement that “fluorosis occurs after years of daily exposure of 20-80 mg/day”. Unfortunately, Hodge had made an incredible blunder, because he had not corrected for pounds (lbs). He had calculated $0.2 \text{ mg} \times 100 \text{ (lbs)} = 20 \text{ mg}$ and $0.35 \times 229 \text{ (lbs)} = 80 \text{ mg}$ giving a range of 20-80 mg/day.

Careful reader surely noticed peculiar symptom in the Phase 2: arthritic symptoms. Virtually half of adult population of North America has those symptoms in various joints: hand, foot, knee, shoulder.

How do otherwise healthy people develop arthritis? Of course they do not – they develop bone fluorosis, which is very seldom diagnosed by the treasonous health care system in order to shield the

⁴World Health Organization. Guidelines for drinking-water quality. Vol. 1. Geneva, 1993 (Second edition)

⁵World Health Organization. Guidelines for drinking-water quality. Vol. 2. Geneva, 1999 (Second edition)

⁶Health Effects of Ingested Fluoride, Subcommittee on Health Effects of Ingested Fluoride, Committee on Toxicology, Board on Environmental Studies and Toxicology, Commission on Life Sciences, National Research Council. NATIONAL ACADEMY PRESS, Washington, D.C.1993

⁷U.S.P.H.S. Review of Fluoride, Benefits and Risks, 1991 - adapted from: Smith & Hodge, 1979; Franke et al., 1975; Schlegel, 1974

government from responsibility for poisoning our water supply. Just like the dentists diagnose us with caries instead of dental fluorosis! Medical establishment has circled the wagons on us.

It is not sufficient to drink only RO water to avoid fluoride poisoning. Another absolutely overlooked aspect of it is absorption of fluoride through skin while bathing, taking shower or swimming in the municipal pools. Skin absorption rate has never been included in calculation of 'safe' dose of fluoride, but it is quite significant. It can cause the symptoms of fluoride poisoning to re-appear in those who have stopped drinking municipal water after they used a pool filled with the same.

The only solution is to avoid municipal water supply like plague. Either move to a house with a drilled well, or install enough RO filters for bathing too. Or force the municipality to stop water fluoridation! As they are essentially slowly killing us by torturing to death, then no holds barred approach would be fair enough. If the municipal council members will refuse to stop fluoridation or even to hear a complaint, then threat of violence against them would be morally justified. Eye for an eye – they are torturing and killing entire town's population, therefore their suffering would be just.

Fluoride accumulates in our bodies, thus every time we are subjected to another dose of it, it pushes us further towards fluorosis. This is why it is so important to avoid any drinks that were made with water of unknown fluoride content. We should avoid any liquid, which does not come from our own RO systems, as we have no way to control fluoride content with a TDS meter. Drink only your own RO water or purchased RO water. Test water systematically and never drink any that has more than 8 PPM TDS reading. Look at Fluoride Alert Network web site⁸ for more information.

First step would be to collect a dossier on each member of municipal council and the mayor. Find out where they live, their phone numbers, names and addresses of their family members, schools that their children and grandchildren attend, the businesses that they own. Compile a brochure and attach it to the demands to stop water fluoridation. That should do the trick of convincing the municipal council to stop poisoning the well. If not, then they are fair game for people with fluorosis, arthritis, cancer and other painful and deadly conditions caused by fluoride. At least they are right here in your community and not half a world away as MSG patent holders and producers, who deserve a slow and painful death too.

18.2 Free processed glutamic acid (MSG)

The negative health effects of free processed glutamic acid are largely dismissed and disputed by official medical science. The patients' concerns meet denial based on assumption that naturally occurring in plant and animal tissue proteins glutamic amino-acid cannot be harmful, if the proteins themselves are not.

There is a problem with that assumption however: naturally occurring glutamic acid is released into metabolism slowly, as proteins pass through the digestive tract. Slow and gradual release of glutamic into the intestines is normal and the substance finds proper ways into metabolic process. Normal digestion of proteins begins in the stomach and completes in small intestines. Human body is only capable of generating so much enzymes to absorb quantity of glutamic amino-acid normally ingested with naturally occurring food. Glutamic acid, normally occurring in the plant and animal proteins, does not begin to enter blood flow until the proteins completely break down in small intestine.

A group of scientists from the Faculty of Pharmaceutical sciences, University of B.C. found that even modest elevation of interstitial glutamate could alter musculoskeletal pain sensitivity⁹. Similarly to rats, MSG elevates muscle pain in human body too.

⁸<http://www.fluoridealert.org>

⁹Relationship between concentration of intramuscular glutamate and sensitization of rat masseter muscle nociceptors. Brian E. Cairns Ph.D, Xudong Dong B.D.S Ph.D, Mandeep K. Mann M.Sc., Peter Svensson D.D.S, Ph.D, et al.

In 1957, two ophthalmology residents, Lucas and Newhouse¹⁰, were conducting an experiment on mice to study a particular eye disorder.(3) During the course of this experiment, they fed newborn mice MSG and discovered that all demonstrated widespread destruction of the inner nerve layer of the retina. Similar destruction was also seen in adult mice but not as severe as the newborns. Similarly to mice, human vision is negatively affected by MSG.

Then in 1969, Dr. John Olney, a neuroscientist and neuropathologist working out of the Department of Psychiatry at Washington University in St. Louis, repeated Lucas and Newhouse's experiment.(4) His lab assistant noticed that the newborn of MSG exposed mice were grossly obese and short in stature. Further examination also demonstrated hypoplastic¹¹ organs, including pituitary, thyroid, adrenal as well as reproductive dysfunction. Physiologically, they demonstrated multiple endocrine deficiencies, including TSH, growth hormone, LH, FSH, and ACTH. When Dr. Olney examined the animal's brain, he discovered discrete lesions of the arcuate nucleus as well as less severe destruction of other hypothalamic nuclei. Dr. Russell Blaylock writes that there is experimental evidence that when the excitotoxin taste enhancers are added together they become much more toxic than is seen individually¹².

Glutamate is a naturally occurring amino acid found in varying concentrations in many foods. Defenders of MSG safety allude to this fact in their defense. But, it is free glutamate that is the culprit. Bound glutamate, found naturally in foods, is less dangerous because it is slowly broken down and absorbed by the gut, so that it can be utilized by the tissues, especially muscle, before toxic concentrations can build up¹³.

Free processed glutamic acid or its sodium, potassium or calcium salt known as MSG is being absorbed right from the mouth, into esophagus and stomach. All three organs are not designed for absorption of glutamic acid, which enters metabolism much more rapidly than normally and in significantly larger quantities. It simply overruns natural protections of the body and causes broad array of negative side effects.

Authors have observed that ingestion of food with added glutamic acid creates elevated MSG sensitivity in the healthy persons and elevates pre-existing sensitivity in others. That means that those, who never ate food with MSG will gradually see increased severity of symptoms associated with MSG in them from digestion of smaller and smaller quantity of the same food.

It is likely that toxicity of glutamic acid increases with exposure, making suffering of sensitive persons to increase with time while trigger quantity is decreasing. Smaller and smaller quantity of glutamic acid likely triggers the typical symptoms of MSG poisoning down the road. Exact mechanism is not clear due to lack of willingness of official medicine to research the problem, but it is possible that organism develops natural protective reaction by reducing production of enzyme responsible for absorption of glutamic amino-acid. Continued approval of MSG is condemning people to increasing suffering while food and pharmaceutical industries are lining their pockets.

Living with MSG sensitivity is difficult, as sensitive persons have to be very careful and watchful of what they eat. Refer to Truth In Labeling Campaign web site¹⁴ for more detailed information. It is not sufficient to avoid processed foods only! Even natural foods with no added glutamic acids can become poisonous for such persons if cooked for prolonged periods of time or at higher temperature as any processing breaks down proteins into amino-acids, just at different rate.

¹⁰Lucas DR, Newhouse JP. The toxic effect of sodium L-glutamate on the inner layer of the retina. Arch Ophthalmol 1957;58:193-201.

¹¹underdeveloped

¹²JW. Glutamate: a neurotoxic transmitter. J Child Neurol 1989;4:218-226.

¹³Food Additive Excitotoxins and Degenerative Brain Disorders, by Russell L. Blaylock, MD, Medical Sentinel. Nov/Dec 1999: Vol.4: 6.

¹⁴<http://www.truthinlabeling.org>

Life of MSG sensitive persons is balancing on the edge and every dietary mistake and oversight results in pain: headaches, migraines, joint and muscle pain, upset stomach, skin problems, fatigue and lots more. As content of free processed glutamic acid is not subject to mandatory labeling, mistakes are easy to make. Neither food industry nor official medicine are willing to help – on the contrary, they circled the wagons in full denial mode. See Appendix B for detailed list of symptoms and conditions, caused by MSG. Those are just apparent symptoms, while malignant neoplasms (cancer) and others are invisible until diagnosed. Every unintentional ingestion of food with free glutamic acid pushes them one step further into the grave. It is vitally important to watch over one's diet, avoiding processed foods and natural foods with high natural content of glutamic acid or whose foods where proteins break down easily and release free glutamic acid. Every recipe that involves prolonged cooking (boiling, roasting, baking etc) should be avoided.

18.3 Sugar substitutes

With the growing cost of sugar production due to communist takeover of Cuba in 1959 and increasing demand, research was conducted in order to find cheaper replacement. Instead of solving the issue with military methods, which would cost America hundreds or thousands of lives, chemical method was used, which keeps causing millions of deaths and even more suffering.

The most widely used sugar substitute is Aspartame, originally developed by G.D. Searle in 1965.

FDA Toxicologist Dr. Adrian Gross came upon some irregularities in the submitted tests of the G.D. Searle drug Flagyl. G.D. Searle did not respond for another two years. Their response raised serious questions about the validity of their tests. G.D. Searle approached Dr. Harry Waisman, Biochemist, Professor of Pediatrics, Director of the University of Wisconsin's Joseph P. Kennedy Jr. Memorial Laboratory of Mental Retardation Research and a respected expert in phenylalanine toxicity, to conduct a study of the effects of aspartame on primates. The study was initiated on January 15, 1970 and was terminated on or about April 25, 1971. Dr. Waisman died unexpectedly in March, 1971.

Seven infant monkeys were given aspartame with milk. One died after 300 days. Five others (out of seven total) had grad mal seizures. The actual results were hidden from the FDA when G.D. Searle submitted its initial applications¹⁵.

Regarding toxicity of aspartame James Bowen and Arthur M. Evangelista wrote: we acknowledge the countless and unnecessary suffering, illness, and deaths, associated with the marketing of a trio of neurotoxic ingredients, collectively known as ASPARTAME [L-aspartyl-L-phenylalanine methyl ester], also called: NutraSweet, Equal, "Sugar Free", and Neotame, et al. ...a food additive in over 8,000 + food products worldwide... Additionally, we hold accountable the U.S. Food and Drug Administration; G.D. Searle, the original maker of aspartame; Monsanto; and the numerous corrupted politicians, government officials, physicians, and health care organizations that have literally sold themselves for greed of wealth and power. This was done knowingly, at the expense of the health of millions of infants, children, and adults who needlessly suffer the debilitating effects of this known neurotoxin¹⁶.

The three toxic ingredients of Aspartame are methanol (wood alcohol), and phenylalanine and aspartic acid; both the latter are amino acid isolates. Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death. A few of the 90 different documented symptoms listed in the report as being caused by aspartame include: Headaches/migraines, dizziness, seizures, nausea, numbness, muscle

¹⁵HISTORY OF ASPARTAME, Alex Constantine and Gregory Gordon, with modifications from Arthur M. Evangelista, 12 March 2004

¹⁶A Primary Concern From Aspartame-Based Products And Artificial Sweetening Agents, By James Bowen, M.D., Arthur M. Evangelista, former FDA Investigator, 06 May 2002

spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain.

A few of the many chronic illnesses that have been shown to be contributed to by long-term exposure to excitatory amino acid damage include: Multiple sclerosis (MS), ALS, Memory loss, Hormonal problems, Hearing loss, Epilepsy, Alzheimer's disease, Parkinson's disease, Hypoglycemia, AIDS, Dementia, Brain lesions, Neuroendocrine disorders.

The fallacy of weight loss through the use sugar substitutes instead of sucrose, glucose and fructose is one of the genocidal doctrines of Western crony capitalism. Sugar does not cause obesity – the chronic poisoning with GSFP does. Obesity epidemic hit the West after GSFP have been introduced.

Using any kind of sugar substitutes to solve weight gain problem is counter-productive, as weight gain is among the negative side effects of aspartame poisoning. Several generations of Western people have been lied to and believed those lies.

Healthy human body is not prone to obesity given sufficient exercise. Healthy in this context means body, not poisoned with the GSFP. Healthy body will process ingested sucrose, glucose and fructose as well as fat and excrete the amount, unnecessary for metabolism. That was true until 100% of our population became chronically poisoned with GSFP.

The worst thing about sugar substitutes is that they can be added to real sugar. Sugar as a preservative in jams works by way of hygroscopic effect. Sugar molecules in syrup extract water from any living microorganism, ensuring preservation of jams. Simple experiment can be conducted with regular white sugar to prove presence of other substances that should not be there. Just make jam using white sugar and leave it on a shelf for several months. Most likely you will find mildew on top and inside jam. How is it possible – sugar was supposed to preserve your jam, was it not? Yes, that proves that white sugar is much less than 100% sucrose. But you will not find a mention of sugar substitutes and fillers on its label. If white sugar is not 100% sugar, but it tastes just as sweet, then obviously there is a sweeter substance in its composition – a sugar substitute – and some worthless and tasteless filler. You are being lied to.

We in the West have enough firepower to depose the Cuban communist dictators and build a democracy there, that will grow Cuban economy and export sugar worldwide again. That would be way more humane towards our and Cuban population and way more efficient than trying to build a democracy where it cannot be – in Iraq and Afghanistan. But our corrupt politicians are too preoccupied counting bribes that G.D. Searle paid and Monsanto is paying them for continued protection of sugar substitutes from scientific scrutiny.

18.4 Vaccination

This is one of the most disputed health topics, causing heated arguments. The parents of children, who developed autism, liver failure, kidneys failure, cardio-vascular conditions and mental retardation after getting a shot, sound the alarm which is not getting heard by medical establishment, supported by educational bureaucracy. The schools require vaccination sheets as a condition for registration and the doctors give shots without warning the parents of possible side effects.

Below will demonstrate that there is no justification for blanket vaccination of the newborn babies and children and that continued such practice serves only to line the pockets of pharmaceutical industry, with global vaccine sales amounting to US\$22 billion with US\$35 billion forecast for 2014. Although that amount pales in contrast with the sales of medications and cost of healthcare from the previous section, it plays important role in generating and perpetuating those revenues.

Currently the vast majority of newborn children receive hepatitis vaccine few days after the birth. Hepatitis can be transmitted by ingesting food contaminated with the feces of a sick person, through injection of contaminated blood or sexually. The notion that a newborn can be sexually active is ludicrous, thus risk of that transmission method is years away. The newborns eat breast milk and baby formula, thus administering vaccine so early makes no sense either.

If we assumed that a baby could get infected by sharing needles with other drug users, we would have had a bigger problem on our hands than hepatitis. Blood transfusion for newborn remains the only way for them to get infected, therefore the medical establishment is covering their back. Administering hepatitis vaccine to your baby, they worry not about baby's health, but their purse.

Toxicity of vaccine components

One of the major concerns for the parents is continued use of thimerosal (ethyl mercury) and other dangerous preservatives in the vaccines. National Institute of Health in the US published a report of the study that linked increased thimerosal from vaccinations with neuro-developmental disorders. Specifically, an analysis of the Vaccine Adverse Events Reporting System (VAERS) database showed statistical increases in the incidence rate of autism (relative risk [RR] = 6.0), mental retardation (RR = 6.1), and speech disorders (RR = 2.2) after thimerosal-containing diphtheria, tetanus, and acellular pertussis (DTaP) vaccines in comparison with thimerosal-free DTaP vaccines. The male/female ratio indicated that autism (17) and speech disorders (2.3) were reported more in males than females after thimerosal-containing DTaP vaccines, whereas mental retardation (1.2) was more evenly reported among male and female vaccine recipients¹⁷.

Thimerosal can be found in the following vaccines: DTaP (Tripedia), Hepatitis B (HIBERIX – GlaxoSmithKline Biologicals), Influenza (Fluzone, Fluvirin, Afluria), TT, DT, Td, Meningococcal (Meningo-mune).

Other preservatives found in vaccines are phenol, benzethonium chloride, 2-phenoxyethanol.

Phenol, used in IPV (IPOL) vaccine, irritates skin and causes its necrosis, it damages kidneys, liver, muscle and eyes. It passes crosses placenta. Acute ingestion and skin exposure can cause systemic effects such as anorexia, headache, dark urine, hypothermia, hypotension, arrhythmia and coma. The investigations of hamster fibroblasts revealed mutagenic activity of phenol. This compound also inhibited synthesis and replication of DNA in HeLa cells. Moreover, phenol stopped reparation of DNA in diploid human fibroblasts. Phenol is a strong carcinogen causing many kinds of cancer in the exposed people. Phenols also affect the function of the hormonal system. Some phenols are capable of disturbing sexual hormones function, which finally may lead to sexual defelopment disorders and ultimately to sterility of animals and humans¹⁸. Although research of direct effect of phenol on human body is lacking, there is growing body of research indicating that early exposure to phenol results in adverse health effects in later life¹⁹.

Benzethonium chloride is only used in Anthrax vaccine. Benzethonium chloride is an anti-microbial agent used as a disinfectant, antiseptic, antibacterial, detergent and preservative. It is used in the food and cosmetic industries as well as in vaccine use. It has recently been found to be one of the most effective chemical compounds against MRSA, a Staph bacteria that has become more of a threat in the hospital environments.

¹⁷Geier MR, Geier DA. Neurodevelopmental disorders after thimerosal-containing vaccines: a brief communication. *Exp Biol Med* (Maywood). 2003 Jun;228(6):660-4. PubMed PMID: 12773696

¹⁸Phenols: Sources and Toxicity, J. Michalowicz, W. Duda, University of Lodz, Faculty of Biology and Environment Protection, Banacha 12/16 str., 90-237 Lodz, Poland, December 18, 2006

¹⁹FACT SHEET on PHENOLS, Janice Barlow, Jo Ann P. Johnson, Bay Area Breast Cancer and the Environment Research Center COTC, University of California San Francisco

MSDS for benzethonium chloride under section 11, Toxicological Information reveals this to be a toxic chemical by ingestion or inhalation, (this data does not cover it's dangers or hazards of injection). It has acute oral toxicity and damages the mucus membranes. It is hazardous to humans for skin contact, inhalation, and ingestion. Also based on animal testing it may be a mutagenic (causing mutations in genetic information), as well as carcinogenic. Ingestion may cause adverse reactions in the following area's, CNS depression, convulsions, seizures, coma, respiratory depression, blood, urinary system and metabolism. Exposure to high concentrations may cause depression of central nervous system. Animal studies have reported development of tumors. The above effects have been found from skin contact testing. No injection testing has been conducted.

This is getting from bad to worse. 2-phenoxyethanol is used in the hepatitis, polio and Lime vaccines as an antibacterial agent. It has been and is being used in some vaccines as a replacement for Thimerosal. Its overall industrial uses include perfumes, *insect repellents*, antiseptics, it is used in dyes and inks, germicides, pharmaceuticals and cosmetics.

According to the MSDS it is harmful if swallowed, inhaled, or absorbed through the skin, it is a severe eye and skin irritant and it may cause reproductive defects. EPA data sheets show chromosomal changes and genetic mutation effects in testing as well as testicular atrophy and interference with reproductivity in mice. In human body 2-phenoxyethanol breaks down to phenol (a carcinogen and mutagen) and acetaldehyde (suspected carcinogen and known to cause brain tissue necrosis). Reactions to 2-phenoxyethanol in vaccines include but are not limited to: shock, convulsions, kidney failure, cardiac failure and death. It can also cause dermatitis and eczema around the injection site.

Even as pharmaceutical industry purports to attempt to abandon thimerosal, replacement that comes is known to cause no less adverse side effects. Is there a limit to their greed and cruelty?

Failures of vaccination

Except for smallpox vaccination campaign, which resulted in complete eradication of the disease in 1977, none has been entirely successful. Some very significant outbreaks of diseases have occurred after mass vaccination was introduced. However, if we looked at the morbidity rates with several infectious diseases, such as measles, mumps, typhoid, scarlet fever and scurvy, we would notice identical rate of falling in the 20th century. Those graphs, if overlaid, would be virtually indistinguishable! The most important factors in reduction of morbidity were personal hygiene, reduction in access of rodents to food, introduction of household refrigerators, improved nutrition, less overcrowding, but not introduction of vaccines. Soap and fridges contributed more to reduction of diseases than all other factors combined.

The number of deaths from rubella is medically insignificant. Aside from a rash, lasting a few hours, the adverse effects of child rubella are minimal and do not outweigh the risk of adverse reaction to vaccine. Comparing the risk of brain defects from a mother catching rubella during the first three months of pregnancy with that from other causes, risk from rubella is medically insignificant. Only about 50 annual cases are registered in the UK, while one in every 33 babies in the USA is affected by brain defects. Future mothers, concerned with the risk of brain defects from rubella can take a vaccine just prior to the first pregnancy, when their bodies have completely matured, instead of in infancy.

Mumps vaccine is of peculiar interest, as its major side effect is in pushing mumps outbreaks from prior to achieving puberty into the adult age. There are practically no complications of child mumps, but 20-30% of adult mumps results in orchitis and 35% of adult orchitis cases result in unilateral infertility. We are putting our men at risk of infertility by administering unnecessary vaccine as part of MMR that everyone receives. This takes us to the next health risk: falling fertility.

The main pro-vaccination argument used by medical establishment is that it only costs \$40 to administer one shot, thus it cannot be a conspiracy of pharmaceutical industry and doctors to push vaccine use. But if we summed up the cost of administering all vaccines to entire population of Western

countries, that would result in a whooping \$400 billion dollars. Worldwide that would be \$1.2 trillion dollars. Quite a wad of cash that is, do you agree?

It takes 10 seconds to grab vaccine from a fridge, another 10 seconds to fill a syringe and another 10 seconds to administer a shot. The doctors get their 50% share of \$40 for $1\frac{1}{2}$ minute of work, which is \$4,800 an hour. Who would refuse to work for that hourly rate? If you want to dismiss this point of view, just look at who administers vaccines in the US, Canada and other developed countries – doctors – and who in the 3^d world – nurses! The 3^d world countries apparently know how to save a buck, while doctors in the West keep a tight grip on vaccination revenues.

18.5 Falling male and female fertility

The most popular birth control method in the West is without doubt the Pill. It is convenient and reliable method that has at least two devastating consequences: obesity and cancer. It was created in 1950s by an American endocrinologist Gregory Goodwin Pincus for G.D. Searle and came in circulation in 1960. Is that a coincidence they were the same company that developed aspartame?

The pill contains a mix of sexual hormones that changes metabolism in the female bodies so that pregnancy becomes impossible. This is not a subtle, but a rather drastic change in body chemistry. The consequences come swiftly. As soon as the young ladies get on the pill, they soon start changing their wardrobe, going through larger and larger sizes. The slim, beautiful girls first turn into chubby, then become clearly fat. We can observe young girls suddenly becoming obese even at high school. Their sexual attractiveness drops as they gain every extra pound of weight. So drops their sex drive, making their husbands and boyfriends dissatisfied and unhappy. After decades on the pill, they end up on a surgical bench for breast cancer or other types of cancers.

Less than two years after the U.S. Food and Drug Administration (FDA) approved the Pill, word began to filter into the inner circle of the FDA and the drug companies of more serious side effects. There were reports of blood clots, strokes and possible links to cancer. As early as 1962, the manufacturer of the birth control pill Enovid – G.D. Searle and Company, received reports of 132 cases of blood clots in Pill users. Eleven of the cases resulted in death.

According, to Dr. Natasha Campbell-McBride MD, use of other drugs such as the Pill also cause severe gut dysbiosis. The widespread use of oral contraceptives is a troubling issue because these types of drugs devastate beneficial bacterial flora in the gut leaving it vulnerable to colonization and dominance from pathogenic strains such as *Candida Albicans*, *Streptococci* and *Staphylococci* among others. By the time a woman who has used oral contraceptives is ready to have children, a severe case of gut dysbiosis has more than likely taken hold. Gut imbalance brought on through use of The Pill negatively impacts the ability to digest food and absorb nutrients. In addition, beneficial flora actively synthesize nutrients including vitamin K, pantothenic acid, folic acid, thiamin (B1), cyanocobalamin (B12), amino acids and others. In an imbalanced gut, a woman is missing out on the “natural supplementation” that these good flora provide to her and her growing baby. Not well known is the fact that use of The Pill depletes zinc in the body. Zinc is called “the intelligence mineral” as it is intimately involved in mental development.

As a result, it is very important for women who have been using oral contraceptives to wait at least 6 months before becoming pregnant to ensure that zinc levels return to normal as low zinc is associated with lowered IQ and birth defects²⁰.

There is research that reveals the health benefits of continuous ovulation, showing consequentially the dangers of cycle suppression. The Pill can cause numerous side effects which can cause: permanent infertility, high blood pressure, blood clots, strokes, heart disease, kidney failure, varicose veins, breast

²⁰Gut and Psychology Syndrome, Dr. Natasha Campbell-McBride MD, Medinform Publishing; 1st edition (September 29, 2004) ISBN: 0954852001, 978-0954852009

cancer, uterine cancer, and liver cancer. Oral contraceptives also deplete a female's body of iron (anemia), zinc, iodine (weight fluctuation), and selenium (sex and hormonal nutrient); and not to mention, all B vitamins! Yet the Pill is prescribed and taken without care. This drug accounts for close to half of the \$16 billion women's healthcare market and 96% of birth control education for doctors in US medical schools focuses on it. Last year the NHS introduced a pilot scheme in some London boroughs to provide the Pill without prescription. Pill use is positively pushed.

The Los Angeles Times newspaper reported five years ago that females who took birth control pills for more than ten years have 80% chance of developing some form of female reproductive area cancer. We need to remember how and why the pill was introduced in the first place. When research by Gregory Goodwin Pincus and John Rock resulted in accidental creation of the Pill by contaminating synthetic progesterone with an estrogen like substance mestranol, G.D. Searle – Pincus's most generous sponsor, began manufacturing progesterone-estrogen contraceptive. FDA approved the Pill in 1960 – the year when the leftist social engineers introduced sexual revolution in America. The Pill covered up conversion of divine procreational sex into mundane recreational sex, leading to corruption of values and destruction of family as foundation of Western society.

Healthy ovaries increased life expectancy in dogs by a magnitude of up to 50%. Research of rot-tweilers compared life expectancy of species, spayed at early age with those spayed when they reached 6 years old. The species, who kept their ovaries above 6 years old had higher probability of living up to 50% longer. Intrusive changes in ovulation, caused by the Pill, deserve special attention from the researches as regards to effect on longevity of people and caution in application. But the increased likelihood of reproductive organs cancer, that may lead to surgical removal of the ovaries, must be put to increased scrutiny.

This two-faceted genocide of Western civilization – reduction in birth rate and crippling and killing of females – has been perpetrated by the medical and pharmaceutical industries with silent approval of the government. It is a multi-billion dollar business after all, feeding millions of doctors, bureaucrats, entrepreneurs and their families.

The young women must not take a pill, especially before the birth of their children. Instead of having sex with multiple partners, they should get married and have babies as early as possible, then use other methods of contraception.

Calendar-rhythm method

The safest is calendar-rhythm method which is based on three assumptions:

- Ovulation occurs fourteen days before the beginning of menstruation (give or take two days)
- Sperm can live for three days, and
- The egg lives for twenty-four hours

The calendar method, or rhythm method, is one of the oldest and most widely practiced methods of fertility awareness, or natural family planning. It is a natural method of birth control. For a woman with very regular cycles, she only needs to count backwards from the first day of her period to determine the day on which she ovulated. Using this information, she can predict when ovulation will occur the following month and avoid having intercourse around that time – usually day 14, counted from the first day of her period. As with most natural methods, it is recommended that couples confer with a trained counselor before attempting this method to best determine the fertile window. The failure rate of this method is 24% a year.

The Standard Days Method (SDM) is a natural method of birth control that is used with CycleBeads to predict periods of fertility and infertility in a woman's menstrual cycle. To use the standard days

method, a woman moves a ring over a series of color-coded beads (CycleBeads) that represent her fertile and low fertility days. The color of the beads lets her know whether she is on a day when she is likely to be fertile or not. White beads represent times of high fertility. By avoiding intercourse on fertile days, pregnancy is prevented. SDM works best for women with regular menstrual cycles that are between 26 and 32 days long. The failure rate is 12% a year.

The symptothermal method is a means of natural family planning that involves abstaining from sexual intercourse on days that a woman is fertile, or capable of getting pregnant. Daily temperature readings are performed using a basal thermometer, a special thermometer that will determine the body's temperature within a few hundredths of a degree. This level of precision is necessary to detect the slight temperature increase that marks the end of the fertile period. The woman keeps a chart where she records her daily temperature and also other body signs that indicate when ovulation will occur. Other body signs include cervical mucus consistency, cervical position, mid-cycle cramping, and mood. To use this method, couples should receive training from a certified natural family planning instructor.

Unlike the calendar-rhythm method or standard days method, a woman can use this method no matter how long her cycles are. Among experienced users, the symptothermal method has an overall annual failure rate of 13-20%. That means each year about 1 in 7 users of this method experience a surprise pregnancy. For perfect users, the method has a failure rate of only 2-3%, but this method is completely ineffective if used incorrectly. For women who feel uncomfortable touching their bodies, this method can be used without recording information about cervical position or cervical mucus, but this will make the method less effective. Such women should consider the standard days method instead.

Tubal ligation

Once a woman had all the children she was planning to, she can get her fallopian tubes tied to prevent the eggs from coming into contact with sperm. There are numerous side effects of tubal ligation too, but they seem to be far more rare, than negative side effects of other types of contraception. There are no severe or fatal side effects of tubal ligation that the authors are aware of.

18.6 Economic conditions adverse to having children

What income should a family earn in order to afford the number of children for minimum population replacement? Let us calculate the value based on an average expenses of a family in Toronto, Canada suburbs. It should be representative of Western population and could be taken as a reference elsewhere. We will build a balance sheet of assets and liabilities [18.3](#).

Table 18.3: Childless family balance sheet

Assets		Liabilities	
Asset	Amount, \$	Liability	Amount, \$
Husband's salary	50,000	Mortgage	14,400
Wife's salary	40,000	Auto insurance	3,000
		Home insurance	600
		Heating	1,200
		Electric	1,200
		Phone	480
		Internet	360
		Cellphones	560
Continued on next page...			

Table 18.3: – continued from previous page

Assets		Liabilities	
Asset	Amount, \$	Liability	Amount, \$
		Groceries	6,000
		Vacations	2,000
		Entertainment	960
		Alcohol	820
		Tobacco	3,000
		Medications	520
		Fines	600
		Property tax	3,000
		Income tax	33,000
		Clothing	2,200
		Cosmetics & perfumes	360
		Sports	280
Total:	90,000	Total:	71,620
	Balance	18,380	

One thing the careful reader should notice is that almost entire wife's salary disappears down the government mandated drain.

An average family with the working husband and wife who are getting paid decent salaries, smoke, use alcohol responsibly and vacation yearly has a chance to save over \$18,000 a year. A young family where a husband and wife make only \$45,000 and \$30,000 respectively would make only \$3,380 savings.

Let us see how two children would change the picture in the 18.4 assuming that the mother continues to work (changed items in **bold**).

Table 18.4: Family with children balance sheet

Assets		Liabilities	
Asset	Amount, \$	Liability	Amount, \$
Husband's salary	50,000	Mortgage	14,400
Wife's salary	40,000	Auto insurance	3,000
Child benefit	2,400	Home insurance	600
		Heating	1,200
		Electric	1,200
		Phone	480
		Internet	360
		Cellphones	560
		Groceries	9,600
		Vacations	3,000
		Entertainment	2,000
		Alcohol	820
		Tobacco	3,000
		Medications	1500
		Fines	600
		Property tax	3,000
Continued on next page...			

Table 18.4: – continued from previous page

Assets		Liabilities	
Asset	Amount, \$	Liability	Amount, \$
		Income tax	33,000
		Clothing	3,200
		Cosmetics & perfumes	360
		Sports	5,080
		Vehicle lease	12,600
		Babysitter	5,000
Total:	92,400	Total:	100,350
Balance:		-11,160	

The balance would be negative over \$11,000. Some things would have to be sacrificed – alcohol, tobacco, vacations and fines for a total of \$7,420 but the balance would still be \$3,600 in red. An average young couple just cannot afford two children mainly due to income tax. The government is running us dry to prevent procreation of Western population and is replacing us with the immigrants.

There would be no need to import the immigrants if they simply reduced the income tax. This is specially true for Canada, which is not fighting wars, not defending a border and is exporting its natural resources to a friendly neighboring USA, while population is still paying some of the highest income taxes in the world.

Crippling our economy outsourcing was devised and implemented to solve high ‘bottom line’ problem for Western business. No one however explained to the people that solution would be only short-term – barely enough for the chief executives to get their bonuses and stock packages and bail out. The main contributing factor to the bottom line of the businesses in the West has always been payroll. Recently the environmental costs became significant as well though. Payroll depends on the bottom line of the people – the minimum pay rate, below which it does not make sense for the people to leave home and go to work.

Individual bottom line in the West is absolutely exorbitant compared to the 3^d world, as demonstrated in the tables 18.3 and 18.4. An average family in the West bears many unavoidable or mandatory expenses, that do not exist in the 3^d world. The major components of our bottom line are:

- Taxes: personal income tax, sales tax, property tax, investment income tax etc.
- Insurance: health insurance, driver liability insurance, property (home) insurance etc.
- Rent or mortgage.
- Utility bills: electric, heating, water and sewage, communications.

Taxes cannot be opted out of. The government requires its taxes no matter what. They will send armed police to arrest those, who refuse to pay taxes. But personal finances can be adjusted to avoid having to pay taxes.

The solution for the young families is to incorporate and work on a contract basis, writing off as much expenses as possible; use the corporation to buy as much as possible in bulk at wholesale prices; slightly overpay taxes to get return with interest. And of course, quit partying, drinking and smoking.

Driving without insurance is not possible in the West either. But it is possible to buy liability only insurance package and create a reserve for any car repairs that may be required in case of a collision. Remember, that if insurance was beneficial for the customers, the insurance companies would not be

in this business. As the insurance companies obviously make tons of money because their rates are designed to exceed the benefits, the only logical response should be to not buy insurance that is not mandatory.

Rent for the apartments consists of several components: landlord's mortgage, insurance, building maintenance and landlord's profit. Why would anyone want to rent if owning property would be possible? Renting family spends money to feed landlord, landlord's banker and landlord's insurer. These are money wasted forever, thrown into a bottomless pit. Owning a home on the contrary creates equity that can be sold and used to finance other expenses even if lowest mortgage payment is made. As long as regular payments are being made against mortgage principal, equity is accumulating in the home. If a family can afford accelerated mortgage payment plan, they would get out of debt much quicker and end up spending much less income to pay mortgage interest.

The utility bills leave very little room for improvement, but there are still possibilities. Several families, living in a large home, have a chance to save on the bills compared to living in one small home each. Larger home needs less dollars per cubic foot for heating and airconditioning. Families, living together, can share vehicles, appliances and services such as insurance, electric and natural gas meters, TV, Internet and communications. Strong families, virtually destroyed by the progressives in the West, can help save money and provide opportunities for the young families to have more children, ultimately preserving our civilization.

If we were wrong with the assessment of income disparity between West and the 3^d world, we would not be seeing wealthy immigrants from India and China arriving here, buying houses for cash and living here never working a day. Those countries have laws against corruption of course, but their bureaucrats accumulate wealth from bribes and illegal income, which they have zero chance of laundering in their home countries as everyone knows them. They immigrate to the West in order to legalize their illicit cash savings instead. Bottom line of people in those 'poor' countries is such, that they can 'save' amounts unheard of by our standards.

Chapter 19

Summary

We have been robbed, disarmed, silenced, spoiled, poisoned and sterilized. What is left for us in the West? We cannot lobby for our interests because the government is removing all money from us and giving it to the foreigners, immigrants, unemployed and keeping a great deal to waste on the delusional parasitic schemes.

We cannot resist as firepower of ever more militarized police force and standing armies is far exceeding ours. We cannot publicize our plight as mass media is complicit. We are too busy trying to stay healthy or at least reduce our suffering from chronic MSG, sugar substitute and fluoride poisoning and government bureaucracy is threatening us with withholding health care paid for with our taxes.

We are so used to the fruits of civilization that refusing them has become very frightening. Our families are small and we have no one to trust and turn to in crisis. Who can help us? The authors believe that no one other than ourselves. Only we can fight back to keep our income, keep and bear arms, speak up and get heard, discipline our will, restore our health and have more babies.

As opposed to the 3^d world population, we have nowhere to run. We already live in the countries with highest wealth and least violent oppression. Our oppression just has different face. Instead of military uniforms of communist dictators, our oppressors wear executive suits and decide our fate not in the military tribunals, but in the boardrooms, conference halls or on board of the luxury yachts.

Part IV

Is there a way out?

Chapter 20

Questions to ask ourselves

We can just ignore the situation and keep status quo. Where is that going to take us? The muslims are coming to the West in increasing numbers and breed at the rates far exceeding that in the Western society. The quran dictates that non-muslims have to be converted to islam, those who would refuse to be converted have to be made to pay head tax in humiliating form, and finally those who would refuse to pay tax have to be killed. Quite obviously, we will end up being killed.

Low IQ is a consistent risk factor for emergence and continuity of antisocial behavior across the life course in both prospective and cross-sectional studies, even when other relevant risk factors are statistically controlled¹. Average IQ in Africa is 70 and 80 in Asia. Bringing people from Asia and Africa to Europe and America and expecting that life will be Okay for the local population amounts to criminal negligence on the part of our government. When are we going to hold them accountable for destroying our lives?

As the IQ of the people in the 3^d world is lower than in the West, the decline in IQ will accelerate and all progress achieved by the Western civilization will be undone, as humankind will be struggling with the complex, then with even the simple things. Increasing crime rate will require more and more funding for the law enforcement and security services, taking away funds that could be spent on progress in science and economy.

Starved for cash business will seek to lower bottom line and exodus of industries into the 3^d world will continue. Redistribution of Western wealth into the coffers of the 3^d world tin-pot dictators will ruin us financially and make us totally dependent on their whim. Is that what we deserve?

¹Genetic Influences on the Overlap Between Low IQ and Antisocial Behavior in Young Children, Karestan C. Koenen, Avshalom Caspi, Terrie E. Moffitt, Fruhling Rijdsdijk, Alan Taylor, Journal of Abnormal Psychology, 2008 February 25

Chapter 21

Population growth

The government keeps telling us that for continued growth of the economy we are going to need more immigrants, as our population is aging. What they are not telling us is that we can change that, but we can. Having more babies helps the economy and reduces dependence on immigration. Average population replacement birth rate is $2\frac{1}{4}$ babies per family. In fact having 3 babies in each of the families in the West on average guarantees growth of the local population and eliminates the need to bring in any more immigrants.

As average IQ in the West is higher than in the 3^d world, having 3 or more babies will slow down the decline in IQ dramatically, or even increase it.

Clearly having so many children is challenging, specially for the young families, when female body is best suited to give birth to the healthy babies. Caring for three little kids takes enormous efforts and all time in a day. Traveling with three babies requires a minivan or more than one vehicle. Their baby formula, toys, car seats, strollers, diapers, babysitters, sports and arts training cost a lot of money. The young families would be torn between desire of the mothers to go to work to make extra income and pressure to stay at home to give better care to the kids. This is where strong family comes to play. The grandparents and uncles/aunts sticking together have potential to alleviate some of those issues.

There is one thing that has to be avoided by all means: as long as mother's health allows, they must avoid abortions. Even if the young family has no opportunity to bring up another child, there are thousands of infertile families waiting in line for adoption. As long as a mother can give birth to a healthy child, she must keep the baby even if she fully understands that she will have to give him/her up. We must realize that killing the babies for the sake of comfort is a crime against them and our civilization. Specially dangerous for a young mother is the abortion of the very first pregnancy, as many such abortions result in total loss of fertility. This is where strong family ties can come to play. Such young family may have a chance to give a surprise baby to the relatives who have few or no children.

Most of the Western democracies allow abortion and their population is either stable, but aging or in decline. But look what 3^d world countries completely ban abortions in [21.1](#).

Table 21.1: Countries with complete abortion ban

Country	Average IQ score	Refugees in the US
Chile	93	61,465
Indonesia	89	
Laos	89	800
Colombia	88	350,000
Venezuela	88	30,581
Continued on next page...		

Table 21.1: – continued from previous page

Country	Average IQ score	Refugees in the US
Brazil	87	100,000
Mexico	87	6,800,000
Syria	87	38,500
Lebanon	86	
Myanmar	86	
Philippines	86	
Paraguay	85	
Honduras	84	75,000
Nicaragua	84	200,000
Panama	84	86,000
Iran	84	100,000
Libya	84	
Dominican Republic	84	455,000
El Salvador	84	660,000
Papua New Guinea	84	
Afghanistan	83	75,000
Egypt	83	2,000,000
Oman	83	
Yemen	83	
United Arab Emirates	83	
Mauritius	81	
Bangladesh	81	150,000
Sri Lanka	81	10,000
Guatemala	79	300,000
Madagascar	79	
Congo	73	
Mauretania	73	
Uganda	73	2,500
Haiti	72	350,000
Chad	72	
Kenya	72	
Lesotho	72	
Tanzania	72	
Sudan	72	3680
Cote d'Ivoire	71	
Angola	69	
Benin	69	
Togo	69	
Mali	68	
Somalia	68	43,000
Central African Republic	68	
Niger	67	
Nigeria	67	92,000
Gabon	66	
Continued on next page...		

Table 21.1: – continued from previous page

Country	Average IQ score	Refugees in the US
Dem. Rep. of Congo	65	
Senegal	64	
Guinea-Bissau	63	
Total:	Weighted avg 85.03	11,983,526

Those are the countries whose population is growing fast and who are sending their immigrant and refugees to the West. This situation is so ludicrous, that any justification must be laughed at! There are close to 12,000,000 refugees with average IQ of 85 in the USA alone as a result of abortion ban in their home countries and permission of abortions in the USA. The countries with the lowest average IQ and income per capita are breeding fast, but the countries with the highest average IQ and income per capita are killing their babies. Should it not be the other way around, so that population with lowest IQ would be decreasing and with the highest IQ growing?

Population of the Western countries has to make up its mind finally. Do you want to continue living in a free democratic society, where free market economy provides high standards of living and rule of law guarantees just and equal treatment of citizens? Do you agree with degradation of economy due to re-distribution of wealth to support low-intelligent aliens who do not share your culture, do not respect your laws and espouse ideology and faith based on plundering and violence towards you?

The only way to preserve our standards of living is to stop the admission of low-intelligent aliens, strip equal protections from those who are already here and reverse the trend by initiating expunging of aliens from our societies. The most reliable grassroots tactics would be having 3 babies per family on average, guaranteeing population growth and undermining justification of continued immigration. Modern civilized Western society tried novel concept of equally treating all aliens regardless of their IQ and ideology and the result is not what was expected. We were told that it will increase social harmony where in fact it was totally destroyed by now. Only stupid keep trying the same failing methods expecting different results.

As long as it is a taboo or considered racist to talk comparatively about aliens of different origin as regards to their contribution to our societies, this problem is not going to be solved. Racism is not pejoratives – it is a proud concept that addresses scientifically proven truth that not all races and nationalities have equal physical and mental capacity. It is about time racism should be restored to its rightful place in humanitarian sciences and politics.

Chapter 22

Personal health and physical development

If more intelligent men are more likely to attain higher status, and if men of higher status are more likely to marry beautiful women, then, given that both intelligence and physical attractiveness are highly heritable, there should be a positive correlation between intelligence and physical attractiveness in the children's generation.

Intelligence and physical attractiveness, Satoshi Kanazawa

Natural selection has created a connection between body image and attractiveness among both people and animals. As physical traits are inheritable, the better fit species were more likely to survive and produce successful children. The ability to visually identify the more successful species has been encoded in our genes by evolution. The numerous studies have shown, that more physically developed and fit males and females have higher self esteem. The opposite gender's perception of better fit is positive too, therefore a healthier body improves chances for finding a better partner.

Natalia Sira writes in her dissertation "Body Image: Relationship to Attachment, Body Mass Index and Dietary Practices among College Students" that research shows how dating is an important factor in dieting and eating disorders among girls. Apparently, exercising should be more prevalent among the dating girls as well. She is quoting another study that linked overeating and obesity among women with psychological problems with fathers, while body attractiveness was positively influenced by good relationship with fathers.

Apparently healthy, well developed human body is an asset in finding a better partner, building healthier family and producing healthier children. It is well worth the effort and expense to exercise regularly and invest in sports equipment and training.

As physical development takes many years, athletics of our children is the best investment ever. Every young family should develop a plan of physical development for their children and follow it until the kids leave home. The children do not necessarily need to take up professional sports – just learn several of them to feel comfortable and keep themselves in good shape.

At the age of 3-4 the children can start learning to skate. Some kids learn to skate before they can walk well. Starting that early will make them very confident skating and playing hockey later. Skating provides leg and back strength and excellent balance.

At 4-5 years old they can start riding a pony in an English saddle. Riding horses gives children confidence, coordination and focusing, relaxes their muscles and teaches balance by developing vestibular system and corresponding sections of the brain. Riding is essentially a 3D movement (as opposed to

2D movements of other action sports) and it stimulates segments of the brain not activated by the 2D movements.

Gymnastics can be started at the same age of 4-5 years old, but there is an important thing to remember: skating and riding horses is counter-productive for gymnastics and martial arts. These activities exercise different muscles: riding contracts the muscles of the inner thigh, while dancing, martial arts and gymnastics require it relaxed and stretched. It is possible to ride and do gymnastics, but the perfect splits will be much harder to achieve. Normally the parents and children should choose one or another.

Shooting sports can be started at 7-9 years of age. Prior to that children have difficulty controlling even the lightest firearms. Opening and closing the bolts of 22 caliber rifles or swinging out cylinders of revolvers and racking slides of the semi-automatic handguns is difficult for the little fingers. At the earlier age the children cannot yet appreciate firearm safety and need constant supervision, which is very exhausting for the parents. For the first couple of years they can shoot a 22 caliber rifle at 25 yards, then try a small bore revolver for another year or so, then progress to shooting a 223 bolt action, 9mm semi-automatic pistol and 38 Special revolver. At the age of 12-13 the strong boys can start shooting trap with a 12 gauge shotgun and move on to 308 rifles.

After several years of gymnastics children can start in martial arts. Starting at the age of 10-11 is a good idea, as earlier ages have a difficulty grasping the concept of fighting, attacking, dodging and defending self. Ideally, to master martial arts enough to be able to continue without supervision one should train for about 5 years three times a week for two hours at a time, but most martial arts businesses only offer 2-3 one hour classes a week. That extends the amount of time required to become self-sustainable in martial arts to 6-7 years. The children, serious about learning martial arts have enough time between 10 and 18 years when they usually get a job and start looking into creating their own family.

There are sports that can be practiced by the kids on their own. Rollerblading is one. It only requires a pair of roller blades and a safe paved area, such as nearest school's parking lot after the classes are finished. The roller blade wheels need to be replaced about once a year depending on how much use. The sets of wheels can be bought at a discount online. Another great activity is running. It costs nothing and only requires some space, that can be found in the public parks or at the schools. Motivating your children into running helps develop the lower body and stamina necessary for all other sports.

Chapter 23

Involvement in politics

Political action requires information like nothing else. We have discussed betrayal of our society by those, who are expected to supply us with true and timely information. How can we keep ourselves informed then? Fortunately, there is Internet, where anyone can publish a blog, host a forum, upload a video or image. The trick is to find the informal information sources that fill the vacuum for true and timely information left by official mass media.

Scanning news articles regularly helps keep track of local and international developments. Many news articles contain errors, omissions, misrepresentation and other deficiencies. One should only trust the news after researching and confirming them using several different sources. Here proficiency in foreign languages would be a great help, as foreign countries' news outlets may provide the missing bits of information. Although the internet forums and blogs often provide an opportunity for the readers to comment on the articles, many of them employ censors with their own agenda. Becoming a moderator on the public forums is not too difficult and people with an agenda and patience can infiltrate the forums after a while. Do not be surprised if your comments will be delayed, deleted or you will be banned from the forums for "trolling" that is broadly defined as any opinion deviating from moderators' point of view. The anonymous censors from the Internet should not frustrate and discourage you although that is exactly their goal. Some censors are genuinely trying to protect their forum or blog from the risk of lawsuits or perceived deviation from their vision.

Okay, you have the information and are concerned about it. What is next? Next you need to get yourself heard.

Keeping a list of email addresses, phone numbers and mailing addresses of the politicians and newsmen allows to send notes quickly and efficiently. Compile a list of contacts, or keep shortcuts to the Internet sites with such information already compiled. In Canada the Parliament web site has lists of all members for both Parliament and Senate. These lists can be copied and pasted into a spreadsheet, sorted by party affiliation and only the party you want to target can be used to extract the addresses.

Similarly, you can find contact information of other entities, for example the mosques, islamic centers, ethnic community centers etc.

During the elections your party needs help delivering the message – handing out information, installing the signs, driving voters to the polling stations, scrutineering on the voting day, etc. Volunteering for your party and candidate of choice produces amazing results. While you are out handing pamphlets and planting signs, you get to talk to the actual voters and have a chance to learn and influence their opinion.

There are many undecided people out there, who need just a little push to come to your side of political spectrum. During the election time the right wing parties need all help we can provide to get their candidates elected.

The right wing is not friends with the powerful organizations that mobilize their voter turnout, such as trade unions. The unions are radical left and vote against individual freedoms and for big government. Therefore every vote is important for the right wing candidates – we simply cannot afford to lose any.

As explained in other chapters, your favorite party may betray you right after getting elected. What you need to remember is to tie your donations to performance and make it known, loudly and clearly, why the party receives your donation or gets none.

Chapter 24

Review of the attitudes

Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn that mankind are more disposed to suffer, while evils are sufferable than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security

United States Declaration of Independence
IN CONGRESS, JULY 4, 1776

It is Okay to be angry. Anger is a natural feeling of all mammals from mice to elephants and from whales to humans. The official bureaucracy will accommodate the angry aliens from the 3^d world on the premises that their culture is such, but at the same time those bureaucrats are not allowed to discriminate against anyone. That means that your anger is just as valid and valuable as the anger of the inferior 3^d world cultures that our political establishment is so eager to accommodate! Under the constitutions of most of the Western democracies the government must treat all people equally under law. They think, that by allowing the aliens to riot and rage, they are demonstrating tolerance. That same tolerance has to be equally applied to the local population, otherwise they are discriminating against you and that is illegal.

Right amount of violence solves issues. It has been reported that the alien communities in the West are using demonstration of violence to solve their grievances. They intimidate the authorities, arriving in large numbers to the government offices, wearing terrorist outfits, screaming, throwing objects, pulling the officials by the clothes etc. Use the same methods to counter the encroachment of violent aliens into our countries. At first it will be very difficult to replicate those methods, because your culture frowns upon them. You will have to bite the bullet and just do that.

Martial arts can help, just not the emasculated non-contact kind. Only the competitive full-contact martial arts can help develop fighting character. Shooting at full body and head targets displaying your enemies should help too. Our enemies can be seen at the shooting ranges across the Western hemisphere more and more often. They must see what you are shooting at and realize that they are the intended target. They will complain and try to get you kicked out or silenced, but they must see that they are in the crosshair.

The old saying that you attract more bees with honey than with vinegar is used to justify niceness of the Western society. Everyone is expected to be nice, speak in soft voice using polite words and tone even if conversation is about a problem between people. Western societies have created a taboo for angry words. As soon as someone raises the voice, there could be heard “Ooh! Ahh... Well I never!”

But let us review who is normally a cause for anger in a society. Is it someone who is polite, educated, considerate towards the other members and their interests, paying attention to what he or she is doing and is mindful of what others are doing? On the contrary, the root cause of anger is usually someone inconsiderate, rude, ignorant, selfish and distracted. So how is it in the best interests of society to suppress the anger and ban expression of it? It only stimulates bad behavior by forcing the rest of affected individuals to shut up. The false sense of nicety is called tolerance these days. Has anyone defined tolerance in clear terms as it applies to our society? The authors have not seen a good definition, so they devised their own: tolerance is a consent to be abused.

You have a right to refuse to be abused and refuse to be tolerant under the constitutions of almost all Western democracies – they give you freedom of speech. The left wing and immigrant groups have been trying to deny us this freedom by declaring certain words, phrases, feelings and emotions what they call hate speech. The unconstitutional hate speech laws have been enacted almost everywhere in the West that prohibit negatively relating to the identifiable groups verbally or in writing. Of course only the left wing and immigrant groups are defined as identifiable in those laws. Whites, Christians or atheists is never an identifiable group and thus are denied any protection. As a result the local mosque’s imam complains to the municipality of being offended and they remove mention of Christmas from display. It does not matter how that offends you. But at the same time constitution guarantees that every individual must be equally treated under the law.

How do we reconcile our right to be angry at the troublemakers with desire of the government to prosecute us for hate speech? It is not Okay for the government at any level to violate your rights. But what institution is going to protect you? Police will not get involved unless they will want to arrest you. The government itself clearly has institutions to only look after the interests of identifiable groups, i.e. not yours. The reporters in mass media are looking for sensational coverage only, and suppression of your free expression is not sensational. Thus the only one who can protect your rights is yourself, your strong will, physical might, weapons and knowledge. Use speech as a weapon, just like the left wing and their beloved troublemakers do. When you notice the city removed Christmas from display, call them up and tell them that you are angry and many more people are, that there can be violence, that you know who and where are causing the removal of Christmas and that those might get hurt in a riot. Eventually that will work, specially if things materialize sooner or later.

In this age continuing to be nice and accommodating the troublemakers has become suicidal. Their demands have long-term goals though. Take for example the modesty rules that the muslims want to impose on the West. Covering of female bodies is a policy aimed at reduction of sexual activity of non-muslims and thus at decrease in birth rate which is already much lower than that of the muslims. This is a part of genocidal policies of islam towards the non-muslims. The muslims use rape as a weapon – virtually 100% of all rapes in the Scandinavian countries in the past few decades have been committed by the muslim aliens, half of that by the migrants from North African countries.

Being nice to the Tamil immigrants to Canada has lead to a ridiculous situation, where they all deny association with their nationalist terrorist organization LTTE upon entry to Canada, but once approved for refugee status, turn out at rallies in support of LTTE in thousands. The government turns blind eye to that illegal paradox, but we, the people, are under no obligation to tolerate this group.

Being nice to the Kosovo Albanians has helped them to infiltrate the Western countries as refugees and establish global criminal network dealing in human organs, drugs, weapons and explosives trafficking, prostitution, money laundering, extortion racket, car theft and illegal gambling. Taking a wrong side in the war between Serbia and Kosovo Albanian terrorists, Unites States has done a huge disservice

to the world. Today Mafia Shqiptare – global Kosovo Albanian mafia – is using Kosovo as safe heaven whenever they are at risk of being arrested in the Western countries. Being muslims, they are able to use mosques worldwide as safe houses as well.

Another aspect of degradation of Western quality of life lies in an instinct that we inherited from our mammal ancestors: we trust those who feed us. As agriculture and food industry put food on our table, we instinctively want to trust that they will not harm us. This is an unavoidable consequence of natural selection – only those life forms who loved and trusted their food sources survived. We are humans and we can think, we do not have to follow our instincts. It is about time we started questioning the food ingredients! Indeed, our food is becoming less and less food but more and more an array of manufactured chemicals.

Look at the catalogs of the food industry suppliers for example. They consist largely of artificial chemicals, not of plant and animal parts. As a result in the last 50 or so years our civilization's morbidity shifted from food-born infections to food poisoning expressing itself in cancer, diabetes, asthma and many other conditions, listed in the morbidity chapter of this book.

Nobody trusts you now. Your government is treating you with suspicion and contempt, otherwise they would not be introducing so much surveillance measures:

- AML laws
- Security cameras
- Red light cameras
- Biometric passports and driving license
- Firearms licensing and registration
- Internet surveillance
- Searches when flying by plane
- Roadside tests for alcohol

Government justified all that by increase in crime and terrorism. But who has allowed the terrorists to visit and immigrate to our countries? It was the government. They are manufacturing the conditions for increased surveillance.

We can no longer endorse the checks – the banks do not trust us. They do not trust us to open an account without showing two pieces of identification. Even our elected representatives refuse to talk to us without seeing two pieces of ID.

So why are you expected to trust anyone when no one trusts you? Enough of trust – those who feed us should be treated with just as much suspicion as everyone treats us with. They must list all ingredients of all components on the food labels. Anything that is added to food has to be disclosed.

Any food that is processed from raw ingredients has to undergo chemical analysis for presence of any substance, that is even remotely suspected of causing adverse reactions. They do label food for traces of peanuts and other nuts after people have died from nut allergies.

It will be only logical to label MSG, sugar substitutes, preservatives and fluoride. We must push for enacting the clear and truthful food labeling laws that will mandate including the ingredients of not just the latest phase of processing, but of all ingredients used. That will prevent the industry from hiding the poisonous substances under the guise of 'spice' or 'flavor'.

It is illegal to lie to the police officers. There are criminal consequences for lying under oath in court. But there are no consequences for the police and their political masters lying to the individuals

and the public. How come it is acceptable to be criminally liable for lying to them, but not for them lying to us? This is another deficiency of our attitude towards the government that we must adjust. You might object that lying is justified for police, because they are dealing with the criminals, but then you would be forgetting two important points: police deals with the presumed innocent and no one is under obligation to testify against self. This is not to justify lying, which the authors abhor – just to illustrate the disparity and injustice of our society.

We can and must make an adjustment by pushing to enact the laws that would require an oath to be truthful from all government bureaucrats, elected politicians and law enforcement with criminal consequences for lying on the job.

24.1 When it all fails

The laws of all countries forbid treason, anti-government activity, civil disobedience and armed resistance. Every government takes care to protect itself and status quo with laws. The governments leave only one way for the population to change the laws and policies in the country – that is to elect another government.

However there were countless examples throughout history when people had to resort to armed struggle to eliminate oppression, alleviate their conditions or replace dictatorial, hostile or ineffective government with another better form of it. The modern democracies were not peacefully introduced by decree of a monarch – they were founded on the ruins of tyrannies by the armed citizens who deposed the monarchs. Turning around and forbidding armed change of the government is a high hypocrisy for our democracies. At least in the United States some states have provisions for armed revolt in their constitutions! But the other jurisdictions strictly forbid forceful change of ruling government by the people under the penalty of imprisonment or even death. By enacting the laws, cementing the ruling order and protecting it from unhappy citizens, the democracies essentially paved the way for any usurper or group of usurpers to turn those democracies into dictatorships.

The conversion of our democracies into dictatorships has not and will not happen overnight. The bureaucrats have unlimited patience. They can outwait and grind down opposition like time grinds the mountains down. They know that drastic negative changes create short-term, but vocal opposition that is dangerous for their job security. The changes will happen one little bit at a time, like piranhas biting a cow – bit by bit. Yesterday they banned machine guns and dynamite sticks, today they introduce mandatory seat belts, tomorrow they will require boating license, day later they ban handguns, then confiscate all firearms, then jack up taxes, introduce mandatory registration at the place of residence, crowd the unwanted into concentration camps and gas the opposition.

The governments have become so large, with enormous bureaucracy, police and military forces, that changing the ruling party means very little. The state apparatus remains the same. The same people occupy the countless offices in the countless government organizations, regardless of the results of elections. This system works to preserve and enlarge itself by taxing, usurping control and restricting the actions the people are allowed to take.

For some strange reason, those who enacted the democratic laws, cared to limit the number of turns the heads of state could stay in power, but did not care to limit the number of years the bureaucrats could stay in the office. Or was that intentional? Most likely it was, because those were the bureaucrats, who drafted the laws to begin with!

This government machine does no longer need to be brutal to protect itself. It has enough power to suppress voices of opposition by many means: arrest, criminal charges, fines and most recently civil forfeiture. It afforded itself with the means to destroy the opponent's life and economy and thus turned

into what it was supposed to replace – another version of monarchy, just with a different facade, which makes this caricature on democracy even more abhorrent.

Let us review one by one the instruments that government bureaucracy uses to suppress opposition.

The labor laws of most Western countries allow the employers to terminate employees who are absent from work for a number of hours without excuse. An arrest would mean that a person either has to notify their employer that they have been arrested and be fired for that, or be fired for not notifying the employer at all. Either way that person is going to lose their job.

Many employers would prefer to not hire or employ anyone who were charged with criminal offenses, and that is what opposition is usually charged with. Police does not charge anyone with making political statements. Instead they charge with trespassing, obstructing police officer, disobeying orders of police, resisting arrest or similar charges. How one can be arrested for resisting arrest? But Ontario provincial police in Canada managed to arrest someone for that.

Due to enormous complexity of modern day legislation the cost of criminal defense lawyers is absolutely exorbitant. The lawyers charge hundreds of dollars per hour for representing the accused in the criminal courts. The trials last weeks or months and cost tens or hundreds thousands dollars, sometimes millions. In today's economy where the vast majority of population has no savings, hiring a lawyer usually means mortgaging real estate. Thus the accused stand to lose their homes. The only people who can afford criminal defense lawyers are true criminals, who do not have officially declared income and government pays for their defense out of our taxes.

The fines for the offenses used to deal with the opposition can easily ruin anyone. The amounts of these fines can be arbitrary, left to discretion of a judge or a bureaucrat. What is one expected to do if they went to a protest rally with a sign that said they had a grievance against the government and ended up being slapped with a \$10,000 fine? Or a \$35,000 fine, or \$200,000 fine for that matter? They would have to appeal to a higher court or have their bank account arrested and property confiscated.

At the same time we observe how true criminals are being released when their sureties post as little as a couple thousands dollar bonds without actually paying any money.

Another relatively new mechanism of suppressing dissent is the concept of civil forfeiture. One government after another enacted the laws that allow them to take property away from people by suing them or by administrative decree. This absurd situation, that essentially transformed the democracy in those jurisdiction back to the monarchy that they replaced, was allowed to be established because civil forfeiture was presented to the public as an instrument to combat organized crime. However none of the civil forfeiture laws have provisions to limit its application only to those who belong to organized crime. Thinking so would be absurd, because if the government had a way to identify the members of organized crime, it would be able to lay criminal charges. Obviously that is impossible and this is why the government needs the civil forfeiture laws.

And now you are sick and tired of increasing tax burden; out of control government spending on the programs that have no scientific basis and cater to the unproductive and marginalized segments of population; destruction of your culture by the hordes of immigrants from the 3^d world countries; refusal of the government to uphold the laws; enactment of the unconstitutional laws; corruption and illegal lobbying; exorbitant costs of litigation; denial of your rights and freedoms and more. So far you have tried your best to be heard, but the mass media is not interested in your story. You have tried to contact your legal representatives, but they did not help you either. You have tried electing another party, but they are either not getting enough votes, or are ignoring you just like the previous government. You sued, but the courts serve the government, not the people. The media once again ignored your story.

You have ran out of funds and are running out of time. Your family's patience is growing thin, the wife might divorce you and the kids are not calling or visiting anymore. What is next? What is left to you?

If you are just one of many millions in the same situation in your country, taking up arms and deposing your oppressive government in an armed revolt is the only way left.

You and the other citizens in the same situation will be faced with police SWAT teams who remain loyal to the government due to the promise of pensions, overtime pay and indifference to the rest of population, and by the military who is indoctrinated to obey the orders. They will bring crowd control equipment such as clubs, shields, pepper spray, glue guns, rubber bullets and water cannons, and the weapons such as small arms, hand grenades, armored vehicles, helicopters. It is only possible to win by the numbers and organization. Even when outnumbered 10-100 to one, police still know how to control and disperse the crowds. They identify the organizers, apprehend them in groups and let the rest of the crowd be demoralized by lack of leadership and lose interest in protesting. That tactic would not work if everyone in the crowd of protesters was a leader. That is only possible if selfishness and ego could be put aside for the time being and common goal became everyone's. Everyone must know the plan and methods of achieving the goal, current progress, status of resources and situation. All must monitor the situation and exchange information so that everybody knows what is happening. In this scenario even identifying the leaders would become a difficult task, needless to say removal of them.

By now you have seen countless reports of mass protests clashing with police. You noticed that marching on the police lines and engaging in shoving does not work. Throwing Molotov cocktails does not work too. As does not work throwing rocks. You need something more efficient for success. If you are at the point of protesting despite police orders, then no holds barred and gloves are off – you know they would hurt you like they did countless times, so you must have no restraints either.

First, wear Armour. Police wears riot helmets, and you are going to need one. Head injury is most common type of injury among the protesters. Buy a helmet with a face shield and glue polyurethane foam to the outside of the helmet. That will cushion the blows from police batons. Make improvised body armor. You can use hockey shoulder pads and pants to attach aluminum plates with rivets or stitching. You can use one $\frac{1}{2}$ inch plate, or 2-3 $\frac{1}{8}$ inch plates glued together with epoxy. Wearing armored hockey pants is important because police systematically shoots protesters in the thigh to cause lots of pain.

Two 1x2 feet pieces of fiberglass sewn into a nylon case with handles attached provide a compact folding shield that can be carried in a backpack or disguised as a bag. It can even have pockets for carrying 1st aid kits, radio, molotovs, melee weapons and projectiles.

Cut rebar into 5-7 inch pieces at 60 degree angle. These pieces will be sharp and wound the law enforcement when striking outside the body armor. Have two groups throwing them: one will throw high at 60 degrees to the ground, another at 30 degrees. Those two flows of objects will make it difficult for police to protect themselves with the riot shields.

Pack sulfuric and hydrochloric acids into the beer bottles. Splashes of sulfuric acid will burn the target and vapors of hydrochloric acid will suffocate them.

Modify the molotovs – introduce ash producing substances and convert them into napalm. Pack sealed bags of flash powder with the molotovs to have them explode in fire, splashing burning liquids around. Concentrate molotov attack in one spot at a time to increase density of fire.

Of course open confrontation with the law enforcement is difficult, painful and leads to arrests and charges of many participants. Covert operations are more resource-efficient and instill greater fear into the tyrannical government. Sometimes the fear alone can produce results. This is what the muslim terrorists have learned and proved on practice. This is what the North American natives are using to intimidate Canadian government into giving up to their demand for land. Their tactics can be borrowed by the freedom fighters in the West.

One can send anonymous letters to the members of government and legislature with the clearly defined requirements and consequences for not satisfying them, outlining your abilities, such as possession of weapons, explosives, large vehicles that can ram and block targets, tools that can disrupt utilities –

everything that can be used to put a pressure on the tyrannical government. But remember to provide no information that can help to identify you. The letters should be mailed from the mailboxes that are not under surveillance video and where witnesses are not likely to see and remember you and your vehicle. When using the Internet, remember to employ anonymous proxy software, provide no or fake personal information when registering for access to services.

Part V

Methodology of preservation

Chapter 25

Homeschooling and self-education

The plain fact is that education is itself a form of propaganda - a deliberate scheme to outfit the pupil, not with the capacity to weigh ideas, but with a simple appetite for gulping ideas ready-made. The aim is to make 'good' citizens, which is to say, docile and uninquisitive citizens.

H.L. Mencken

As we have been betrayed by the educational establishment, every bit of time spent in the public school system is harmful for your child. Indoctrination changes the children, turning them into obedient robots controlled by the government bureaucracy. It creates disconnect with parents, alienating the generations.

Attending public schools in Canada is becoming more and more a waste of time. If that was not true, there would not be so many Kumon and other similar tutoring franchises around these days. Tutoring culture came from India, where public school system is summarily useless, but the teachers tutor the students at home for cash after the school is over. That is illegal, so the Indian teachers accumulate large sums of dirty cash, immigrate to Canada to launder it, and get into the same business. Every new East-Indian teacher at Canadian public school means poorer quality education and more income for the tutors.

In some Western countries you have a right to homeschool your children. Use that right to the fullest!

Of course homeschooling is time consuming, both mentally and physically exhaustive and costly. You are already paying taxes that fund public school system. On top of that you will have to buy textbooks, musical instruments, sports equipment, laboratory equipment, music lessons, sports training etc. You will have to spend a lot of time studying and teaching. Homeschooling is difficult, but rewarding, as your child will not be wasting any more time watching TV instead of studying, or getting brainwashed instead of learning.

You can create your own curriculum, tailored for your child's abilities and goals, and turn your child into an over-achiever. Try to lean towards science rather than social studies. Knowledge of math, languages, physics, chemistry, biology, astronomy and geography prepares your child for real life much better than social justice or environmental studies. There is very little demand for the young sociologists in the job market. At first your children will be crying of exhaustion while homeschooling, because amount of material will be much more than they used to at school, but then they will pick up speed and overtake their public school counterparts.

The textbooks of public school system are severely flawed, biased and emasculated. You will have to find a supplier of advanced textbooks in your area. Talk to your parents and older relatives, as they might still own the books they used to study. The older the books, the less politically correct multicultural bias you will find in them. The gaps of the older books in the technology and science discoveries can be filled from the modern sources.

25.1 Writing

Even writing has been corrupted by the public school system. Previously the students had to write down information, problems and solutions in a notepad appropriate for the subject. Math required the use of checkered notepads while language used lined notepads. Currently the students write on the separate sheets of blank paper. There are several problems with that. Firstly, writing in a notepad guarantees that nothing will be lost and the students can readily access material from the previous lessons. Writing math on checkered paper helped to organize information in compact and uniform manner, instilling a habit of properly organizing facts, methods and formulas. Writing language on lined paper, specially on diagonally lined, helped to develop fast uniform and clear writing style. Separate sheets of blank paper develop none of that and can be easily lost leaving the students without opportunity to memorize and revisit learning material. Using the proper notepads, students learn to organize and discipline their minds, so stockpile on the checkered and lined notepads when you are homeschooling.

Even the way students hold their pens has changed from a proper grip with the thumb, index and middle fingers with pen resting along the index finger to a crooked grip between the thumb and index finger with the bent wrist. This new writing style is several times slower and allows the students to print letters and numbers only. Writing with a pencil is only appropriate for the very first few weeks at school. After the students learned to hold a pencil, they should move on to a ballpoint pen or better fountain pen. Fountain pen due to its unique combination of weight versus traction teaches better writing style than ballpoint pen.

25.2 Science

Right now there are tons of affordable lab equipment available from the online auctions and classifieds sites on the Internet. You can organize a laboratory at home and supply it with many chemistry, physics, astronomy and biology items on a budget that will not cost you arm and a leg. Many of those items can be bought used, from the parents who have already completed homeschooling their children.

Join the local homeschooling parents forum and watch for the ads for sale.

Lumping so many disciplines into one “science” class is the most obvious sign of emasculating education. In reality what Western students know as one single science class should be chemistry, physics, astronomy, geography, biology, zoology and botany – 7 classes in one.

We understand why chemistry has been virtually wiped off the curriculum. Knowledge of chemistry would help our next generation understand significance of environment pollution versus insignificance of “climate change”. They would be able to comprehend and appreciate food ingredients reading labels at the grocery store. They would know where to obtain chemicals. The genocidal governments of the West and their cronies could not tolerate that.

Teaching geography would give our children an idea where the immigrants came from, what was their religion and ideology – things that have to be hidden for continued influx of god knows who from god knows where.

Botany and zoology could help our sons and daughters to be independent from the government, establish their own food supply and become self-sufficient. This cannot be allowed.

Emasculation of education has been implemented for a reason – greed. Turn that around by home-schooling your children, create new curriculum, difficult and intensive but wholesome!

25.3 Gym class

Emasculation of the sports in public school system has reached beyond ludicrous. The authors have witnessed the traditional active games being turned upside down and inside out by the teachers. They turn winning behaviour into losing, awarding under-achievement to avoid 'hurting the students feelings'.

This is absolutely disgusting and treasonous, as that produces weak, lazy coward suckers. While homeschooling, you have to find substitute physical activities to replace gym class. There are several considerations from the author's experience:

1. Martial arts in the West have been too thoroughly emasculated. Contact is frowned upon and there are many limitations in the way victory can be achieved. Essentially, the martial arts follow the suit of public school's gym class.
2. There are many martial arts charlatans around.
3. Hockey is getting too aggressive even in junior league.
4. Commercial sports clubs are interested virtually only in your money and not in the results.

That is sad, but true and you will have to find sports activities of high quality for your children and always be there with your kids, watching that they work hard and waste no time sitting on the floor or chatting. Keep the report cards that the gym or dojo will provide to use as a proof of marks when entering formal education.

25.4 Computer aids

Linux operating system is a great aid for the homeschooling parents, as it includes many educational software packages right out of the box. Linux has language, math, science (astronomy, physics, chemistry), typing, music, graphics programs. It includes TEX typesetting software that is a standard publishing tool for the scientists around the world. LaTeX distribution of TEX is a language for creating nicely formatted documents and there are WYSIWYG tools that help the new users start learning.

Celestia, Stellarium and Kstars are home astronomy programs that display stars in 3^d, allowing to set date, time, geographic location and zoom in on the planets, stars and nebulae.

Kalzium is a part of KDE environment. It is a periodic table software with formula calculator and equation solver. Chemical calculator is another small standalone program for formula calculations.

Marble desktop globe teaches geography by displaying a globe and allowing students to zoom in on the countries and geographical features.

Music students can see notation of the MIDI music files or write their own music in Rosegarden, Frescobaldi and LilyPond.

Much sheet music is available in PDF format and here computer is a great help. You can mount an LCD monitor on the wall in front of the keyboard or electronic piano and play from the screen of Adobe Acrobat Reader or Rosegarden without having to print sheet music. Although there are free PDF viewers under Linux, Acrobat Reader provides the best screen display quality.

Graphic arts students can use Gimp to draw pictures and paintings using a pen tablet compatible with Linux (not all of them are).

Chapter 26

Family growth and strengthening

There is no doubt that it is around the family and the home that all the greatest virtues, the most dominating virtues of human, are created, strengthened and maintained.

Winston Churchill

For population to grow it is required from every family to have more than two children on average. At exactly two children per family there is no growth, because not all children survive until they have their own children. In the developed world zero replacement rate is considered $2\frac{1}{4}$ children per family.

In simple terms that means that you should have three or four kids to ensure our society has enough children to survive, because many families have only one or two children.

Woman's organism is best fit to have babies between the age of 18 and 25. It is hard to have babies too often, and it can harm mother's health too. Ideally, having two babies every year and a half, then waiting two years and then two more gives you the child birth ages of 18, $19\frac{1}{2}$, $21\frac{1}{2}$, $23\frac{1}{2}$. The young families often wait longer to have their first baby, thinking that it would allow them to make career and some savings. But waiting longer has two negative effects: first is that it is more difficult for aging female body to bear a healthy child, and second is that harmful substances, such as heavy metals and other poisonous chemicals accumulate in both male and female bodies. Mass media is lying to the women about 34 being the best age. By the time a woman hits 30, her organism is most likely contaminated with the toxic substances associated with living in an industrial society. Basically it is a better idea to have babies earlier than later.

It is important to deliver babies naturally, as they have higher IQ than those delivered by cesarean section. Vaginal birth triggers the expression of UCP2 protein in the brains of newborns that improves brain development and function in adulthood, according to a new study by Yale School of Medicine researchers, who also found that this protein expression is impaired in the brains of offspring delivered by caesarean section¹.

Consistent with the above, another study indicated that breastfed babies tested 5.2 IQ points higher, than formula fed infants. Significantly higher levels of cognitive function were seen in breast-fed than in formula-fed children at 6-23 mo of age and these differences were stable across successive ages. Low birth-weight infants showed larger differences (5.18 points; 95% CI: 3.59, 6.77) than did normal-birthweight infants (2.66 points; 95% CI: 2.15, 3.17) suggesting that premature infants derive more 25.1

¹Ucp2 Induced by Natural Birth Regulates Neuronal Differentiation of the Hippocampus and Related Adult Behavior, Julia Simon-Areces, Marcelo O. Dietrich, Gretchen Hermes, Luis Miguel Garcia-Segura, Maria-Angeles Arevalo, Tamas L. Horvath

Upbringing of children benefits in cognitive development from breast milk than do full-term infants. Finally, the cognitive developmental benefits of breast-feeding increased with duration. This meta-analysis indicated that, after adjustment for appropriate key cofactors, breast-feeding was associated with significantly higher scores for cognitive development than was formula feeding².

The females with higher IQ have fewer babies on average, and that is causing a decline in inherited (genotypic) IQ worldwide. If this trend continues, human civilization will reverse its progress eventually. Short term it means that prosperity and freedom in the West is jeopardized by decline in intelligence of the population. The more intelligent people must try to reverse that trend by having more babies.

Having three babies on average is barely enough to reverse that trend. The authors fully appreciate that it is a challenge, but if we want to survive as a free democratic society, this is a sacrifice we should make, because the muslim families have eight children on average.

The main reason why more intelligent females in the West have fewer babies is temptation of career. Increasing tax burden on the businesses and individuals have forced the women to enter the workforce to compensate loss of income by their husbands. The more intelligent of them can earn more, but that also takes away more time and energy, leaving less for the family. Government extortion is one form of genocide of Western population that we must oppose stealthily and openly.

As it was mentioned earlier, the doctors are traitors and that includes their handling of gestation and delivery of babies. As opposed to the 3^d world countries, North American and some European countries make no effort to help women with medical conditions to save the fetuses. The authors spoke with women who could have carried till delivery, but had miscarriages due to the doctors refusing to hospitalize them. The 3^d world country would have hospitalized the mother to save the fetus. There are no actually specialized wards at the North American hospitals for that purpose. This is why it is so important for the Western women to take great care about their health and avoid anything that could harm reproductive organs. They should avoid early sex and associated STDs and abortions. A few moments of pleasure are just not worth suffering and possible infertility.

The emergency rooms of North American hospitals are full of young women suffering from pain of bladder infections, caused by chronic MSG poisoning. Getting off MSG, sugar substitutes and fluoride must be a priority for every woman. But even when their bodies are free from poisoning, just sitting down on a concrete porch, curb or ground can cause bladder infection similarly to getting a cold.

If you have an email account, then you likely received spam advertising of cheap viagra – an erectile dysfunction medication. Sales of viagra have been fueled by preceding scare campaign in mass media that told us of large percentage of men having erectile dysfunction. They told us that anywhere from 25 to 50% of men had difficulties with erection and suggested men should contact their doctors. Soon after viagra came to the market and the doctors started prescribing it to every male. Not satisfied with the sales to humans, pharmaceutical industry is pushing the drug to our pets. The veterinarians prescribe viagra to the dogs for pulmonary hypertension now. What they did not tell us was that strong erection was not necessary for successful intercourse. In reality even if a man does not have erection during foreplay, he is still capable of successful penetration and reaching an orgasm to the mutual satisfaction.

The secret is to not feel bad about lack of erection, not fixate on it as a problem, simply enjoy intimacy with a woman and use fingers to squeeze root of a penis for penetration. The feeling of penis head touching vulva usually does the trick of helping to gain erection and even small initial penetration encourages stronger one.

Men can overcome fear and embarrassment and have sex without any medication, without paying pharmaceutical industry and the doctors a penny. If only they were told. And that is where many

²Breast-feeding and cognitive development: a meta-analysis, James W. Anderson, Bryan M. Johnstone, and Daniel T. Remley, *The American Journal of Clinical Nutrition*, 1999;70:525-35.

frustrated men resort to pornography for surrogate sexual satisfaction. That is another huge industry, counter-productive to population growth in the West.

Abortion is a very radical surgical operation on very delicate reproductive organs. Our young women must remember, that aborting the very first pregnancy creates high risk of complete infertility. That combined with health risks associated with taking the birth control pills is the strongest argument against extra-marital sex.

The peaceful 50 or so years since WWII allowed young people to have lots of fun before settling down for a marriage and family life. It was good while it lasted, but look where we find our civilization after living carelessly for so long! Our government squandered our countries' wealth, our enemies reactivated and everyone is now whining about crisis. In the times of crisis people should demonstrate some personal responsibility to survive as a civilization, this is not such a big sacrifice anyway.

Think about it: is it worth more to smoke marijuana and ride a motorcycle across the country rather than go to work and care for the family? For the first few years family life may sound so boring, but when your children grow up, they can become your best friends and share a lot of fun activities. Think about it.

26.1 Upbringing of children

Modern society has been made to believe in many fallacies regarding the upbringing of the children through the genocidal policies introduced by the deeply entrenched left-wing bureaucracy. Those genocidal policies are aimed at decreasing intelligence and physical power of children in order to make them more easily controlled by the government bureaucracy.

There are many simple and inexpensive things that parents can do in order to reverse the trend of dumbing down and weakening of our society. One of them is understanding the role of punishment and appreciating the role of leading by example and spending quality time with the children.

The education establishment wants to instill the ideas in parents that help them force outsourcing of education and parenting. Prohibition of punishment is one of such policies, that is a stick of two ends.

On one hand children who know no punishment learn to extort things from the parents and become spoiled. On another, society has criminalized corporal punishment and used it as grounds to remove children from the families. Why have we suddenly abandoned the practices, that our civilization was established on and flourished? Our society has been disciplining the kids with harsh words and slapping since before stone age and until late 20th century, then suddenly we have been told it has become taboo.

Coincidentally, that was the moment when sexual revolution corrupted our society, socialists came out of the closet and sabotaged every value. Of course children do not like to be punished. The schools hammer a wedge among the parents and children by promoting prohibition of punishments and taking on policing role. If the parents try to control children's behavior, the children naturally gravitate towards the teachers and get caught in carefully crafted spider web. Thus created disconnect among the parents and children helps Marxist educational bureaucracy to indoctrinate the children with any ideas they want. The only two solutions are homeschooling and investing every penny into children's upbringing. It is important to remember, that the most efficient controllers are fear of losing love and privileges, rather than fear of punishment.

It has been found that listening to classic music temporarily increases child's IQ. Taking music lessons permanently increases their IQ. Playing music exercises the finger tips and develops fine motor skills in children. Every family should budget for at least some music lessons for their children and have an instrument at home.

In terms of physical development the children no longer walk in the early age – they ride in cars and strollers. The authors have observed very few families in Canada whose children actually have to walk to follow the parents. The results are obvious, for example, Canada has won no medals in the 2012 Olympic games; it is trailing in sports despite its advantageous economy and population equal or exceeding that of the countries that win Olympic medals. The European countries are ahead in sports, consistent with lower ownership of vehicles and greater average daily walking distance of the young people.

Girls

The dangerous times we live in call for teaching the girls some traditional occupations: cooking, sewing and teaching. The girls who grow to be loving wives and know how to create strong and healthy families will become an important asset of our civilization on the way to preservation.

Cooking skills require lots of practice. One cannot just read the recipes and master the art. Some flour and sugar will be wasted before they learn to bake cakes and pastry, so to say. Same about sewing dresses. There is a lot more to dressmaking than reading the patterns and operating a sewing machine. This is where mothers need to spend time together with their girls, teaching them the secrets of successful household occupations.

There is a very counter-productive and disgusting trend that is threatening the foundations of Western civilization as we know it. It is rigging of justice system in favor of the women and against the men. The accusations of domestic violence and sexual harassment leveled at men have more weight in court, than leveled at women. The courts awarded the divorced mothers child support payments even from the fathers with very low incomes. The reverse is not true, and the courts tend to not award the low income fathers support payments from even the mothers with higher income.

Girls need to understand that the vast legal bureaucracy is tempting them into litigation to line the pockets of its lawyers, judges, police, child services and reporters. The majority of men are naturally uninterested in litigating and prefer to earn money rather than go through the courts. That is why legal profession turns to women in order to create and expand the market for their services. Domestic abuse, sexual harassment, divorce and child custody litigation is an invention of legal bureaucracy rather than vital necessity of life. It does not mean that the girls have to put up with abuse, no way. It means that they should not be on the lookout for an opportunity to use the courts to rob their partners as litigation bureaucracy would want to manipulate them into.

Huge sexual harassment industry has been established first in the USA, then in the rest of Western countries to a certain degree. Legal bureaucracy went out of its way to create and publicize the cases of sexual harassment in order to expand their client base. Instead of genuinely concerning itself with quid pro qua sexual extortion and sexual assault, sexual harassment industry (SHI) expanded its reach into the domain of any sexual expression.

By now sexual harassment is generally construed to include not only unwanted erotic attention but also any questionable behavior on the basis of gender. Thus the SHI has succeeded in creating a situation in which either merely expressing romantic interest or engaging in the second kind of “soft” behavior – for example, commenting on someone’s appearance, or making a general remark about women – arguably constitutes an unwanted sexist intrusion...³

US Equal Employment Opportunity Commission publishes data on sexual harassment complaints in the US. Approximately 12,000 complaints are filed each year. About 1,500 of them are settled; about 1,200 withdrawn; about 6,000 or 50% are deemed without reasonable clause; only 700-800 or 6% are deemed reasonable. The monetary benefits amount to about US\$50 million annually, or less than

³Daphne Patai, *Heterophobia: Sexual Harassment and the Future of Feminism*, Rowman & Littlefield Publishers (June 28, 2000), ISBN: 0847689883, 978-0847689880

\$4,200 per case. With a budget of \$370 million, that is \$30,000 total cost of each case, or \$25,800 in bureaucratic costs. These figures include only Title VII complaints, not the lawsuits filed in court.

The critics will scream that the authors want to enslave women and turn them into baby producing machines who have no rights. Nothing can be further from truth! An average muslim woman has 8 children and her testimony in sharia court is worth half of muslim man's testimony. Quran not just allows, but prescribes muslim man to beat his wives if they disobey his orders⁴. Under muslim sharia law most offenses by women would entail corporal punishment (disobedience) or death (adultery). This is the kind of society that childless West is going to be converted into if Western women will not start having more babies while married into stable, functional, loving families.

In the next paragraphs the authors are going to prove their true intentions: to increase safety of our girls and women, educate them about security and self-defense at length that no one has gone to yet.

As regards to martial arts the girls need specific training to prevent injury from assault and rape. Very few martial arts teach girls how to handle larger, heavier and stronger opponents – perhaps Aikido only attempts to teach that to a degree. Here are some methods that would empower even the tiniest girls should they ever find themselves defending against a murderer or rapist.

The rapists will try to subdue the victim and reap off her clothes. The first thing to learn is not to panic, which is pretty hard while the stranger's hands are touching and groping victim's body. Panic consumes the mind and makes resiting impossible. Screaming wastes breath and exhausts the energy that could be better spent fighting. Although the assault should be ended as quickly as possible, an assailant preoccupied with disrobing the victim is a perfect target for several counter techniques. While executing them, remember: no mercy towards the assailant, as you have no idea what his agenda is, how far is he prepared to go.

Many rapists try to choke their victim. To counter choking you should not try to pull the hands of an assailant off your throat – it just does not work. Trying to reach assailant's face is difficult too, as men tend to have stronger and longer hands. Raise one of your arms above the assailant's arms and bring it across both of them. Grab his palm with four of your fingers and push your thumb into the middle of the back of his palm. Simultaneously pull his hand across your chest, twisting it, and push his elbow with your other hand. Try to twist his wrist up to the point where it will fracture. In practice it means to a point of pain with a hindsight that real situation would require more force. If not strong enough to fracture a wrist, the hand that pushed the elbow can be used to move down the arm and break a finger or two. Girls can practice this release from choke with the parents, siblings or friends at home until it becomes automatic. As always, both hands need to be trained by switching sides.

Strong thumb, required for this technique, can be developed by twisting own wrist the same way. Grab your palm with the fingers from index to pinkie of the other hand and push your thumb into the back of the palm between the knuckles of middle and ring fingers, about in the middle of the back of the palm. Twist other wrist with increasing force 10-20 times, then switch hands. You can train that move whenever you have a free minute and absolutely anywhere.

If you tried the technique described above, you probably already realized, that long fingernails are a detriment. If you are concerned about your safety, you should trim fingernails to no longer than perhaps $\frac{1}{8}$ of an inch to prevent painful breaking.

If an assailant is holding you by the hair of the top of the head, use both hands to press his palm to your head, with your fingers covering back of his palm. Then lean forward and step back, bending his wrist with your hands and pull your hands down from your head, bending his wrist more and more. He would have to open his hand as he is being hurt. Take a couple more steps back pulling the assailant

⁴“As for those from whom you fear disobedience, admonish them and send them to beds apart and beat them”. Quran 4:34 Numerous famous islamic rulings (fatwas) deal with proper way to beat wives. Most muslim clerics agree that beating should be done with a rod or open palm left to right and not with a closed fist. Islam considers beating wives important part of religion.

down to the ground. Break a couple fingers or step on his elbow with all your weight and pull the hand up, breaking the elbow. The technique to counter grabbing the hair of the hind head is different. Raise the same arm and bring it over your head to press his hand into your head. Then dive with your head under his elbow and still holding his hand, press your forehead into his forearm, twisting his wrist. You can strike his floating ribs with your free arm or kick him under the knee at this point.

If an assailant is holding you somehow else, you can grab the skin on the side of his chest with your palm and squeeze and twist it, preferably simultaneously on both sides. That causes excruciating pain that can get even the hardest of them off of you. Alternatively you can do that to the skin on the back of the shoulders. Skin elsewhere is not as sensitive as in those spots.

One secret of successful calls for help is to yell 'Fire!', not 'Help!'. When someone is screaming because they are being assaulted, the others tend to cowardly run and hide, at least until the assault is over and police shows up. But when they hear that something is on fire, everyone comes running towards the noise – no one wants to burn alive.

Boys

Our boys may at some point have to fight for our civilization. To be on the safe side in the future we should teach them shooting from the early age, as getting used to recoil and learning to aim and hit the target takes years. We can teach them while they have time and consider it fun – while they are children.

It is beyond the scope of this book to go into great details about how to teach the boys shoot. What you should consider is that there are two kinds of targets: static and moving. Our gun ranges provide an opportunity to hit moving targets almost exclusively when shooting trap and skit. American trap is probably the most affordable discipline for learning to hit a moving target in North America.

The boys can learn trap shooting around the age of 8-9. If they are strong, they can even start using a 12 gauge shotgun. Otherwise they can do just fine with a 410 or 20 gauge. Practicing regularly and shooting at least 25 rounds a week should be enough to give them good basic skill. The only other alternative for learning to hit a moving target is hunting. Most jurisdictions have a minimum age for hunting with a firearm though. The authors are strong advocates for teaching boys long distance target shooting with the iron sights and scopes. The experience in adjusting for distance, wind and bullet drift and skill in reading and using different reticles is important for a marksman and it takes a long time to get under one's skin.

There are also some manly things that the boys should partake in for the benefit of their physical and emotional development. They should absolutely learn to swim long distance. It should not be challenging for them to swim 100-200 yards. Chopping firewood helps develop fine motor skills and build up strength. The experience starting fire in any weather conditions and building shelter – all those neat things that boy scouts do – can be life saving, who knows?! All that is an excellent opportunity for the fathers to become their child's best friends.

Spirit and intelligence

We can often see little children hurting themselves and starting to cry that the parents rush to pick up, console and comfort. Although this would be a natural reaction, it is wrong. Children learn by bumping into things and each other, falling and hurting themselves to world-proof themselves. When they do, it is parents' turn to world-proof their children by telling them to stay calm, get up and cheer up, otherwise they would expect comforting every time they are hurt well into adult life. While government bureaucracy goes out of its way to make all people dependent on government approval, help

and handouts, we can reverse the harm by teaching our children to be calm, hardy and self-sufficient, rely on themselves and go on.

The owners of the bulk of wealth in this world have long-term interest in segmentation of population into several categories of different size. The shape of society according to their requirements represents a pyramid.

The most numerous segment are uneducated, low-skilled workforce, easily controlled and manipulated.

They are expected to only know how to perform simple functions at work, spend most of their income on cheap goods and services sold for huge profit margin – alcohol, communications and entertainment. This is where everyone is destined by default, unless they demonstrate extraordinary intelligence. Their numbers are about 90% of total population. Small portion of them can get into the next segment through education and by demonstrating higher than average intelligence and skills.

Some of those 90% can be selected into advanced programs at school by grade average and taught how to manage and control the first segment. They are taught management and advanced technology skills, but are not given information on how the things work in society, politics and finance. These are future managers and supervisors, material for selection into the next segment. These compose about 9% of population.

Those in the advanced school programs who demonstrate exceptional intelligence are then selected for university, as well as the children of the rich. They receive more technical, psychological, interpersonal and financial skills and provided some insight into how society really functions. They will become engineers, doctors, executives and politicians. Only 1% of population belongs in this segment.

Finally, very few individuals from the inner circle of the wealthy few, who own the world, have complete understanding of how this pyramid works, what methods are being used to keep people within their segments, what are the roles of key individuals worldwide. This segment is impenetrable by the outsiders and is populated by the fact of birth into the few wealthy families, with rare exceptions.

The goal of every parent should be to put their children into the highest segment possible by spending all time and money they can afford on books, learning aids, arts and sports lessons and spending all the time with the children.

Physical development

Walking is a very important component of early development, that exercises both lower body and cardio-vascular system. Those children who did not walk in the early age would not be able to keep up with those who did in later life. It is difficult at first, and the little ones would get tired and start crying, but if the parents persist, walking will soon become as natural as breathing.

Though walking is good, it is not enough for wholesome physical development. Parents should go a step further and insist on systematic running and rollerblading. Running costs nothing as most kids wear running shoes anyway. Rollerblading helps develop the muscle groups that are under-exercised during walking and running due in part to the increased weight of the roller blades.

In the age of computers children tend to isolate themselves from the world with its fences, 'No Trespassing' and 'No Skateboarding' signs in a virtual world of computer games. The games let them arm themselves with swords and super-guns, wear shiny armor, ride beasts and fight the enemies – all which is strictly taboo in real life. Entire generations are growing up who have insufficient interpersonal skills due to imaginary world they prefer to live in. This is where the role of parents is very important. The authors fully understand that no amount of caring devoted parenting can provide same level of freedom and emotions as in the computer games, but parents can and should break the circle and introduce their children to the wonderful things that exist in real life.

Hiking is an activity that can be started very early, as soon as the children learn to appreciate the beauty of nature. First hikes should be short, but stunning. Remember to take some treats with you to associate new emotions from hiking and seeing sites with great taste of food in open air. Then increase the distance traveled with each hike and let children carry a backpack at some point. Take pictures and put them online or print and hang in their bedrooms as a reminder for great time. Hiking, when organized and presented properly is an excellent activity for the whole family.

When the young parents are considering putting their children into martial arts training, it is a good idea to master the art to a degree, in order to make informed decision about the exact dojo you are planning to join. Usually adults can get a good grasp of martial arts after 3-4 years of training. That is less than the age at which young kids usually start in martial arts, so most young families have enough time to prepare. Training together with the children, if possible, is beneficial, as then parents get a say in their child's training, instead of being passive observers. Truth is that sports providers have almost zero interest in the actual results and only concern themselves with collecting payments. That applies to arts and other studies too. Only presence and awareness of parents can help make adjustments where the provider is not willing to notice mistakes. Entraining mistakes is always detrimental to martial arts, as they can be entrained easily, but correction is difficult and takes a long time.

26.2 Combating promotion of homosexuality

Another factor that our enemies use to reduce our numbers is promotion of homosexuality. Obviously, the homosexuals have on average fewer children than heterosexuals. They also spread the diseases on much higher rate than the straight people. The rate of infection with hepatitis and HIV among homosexuals is 2-3 times higher than among the heterosexuals. The rate of HIV infection among the homosexuals is up to 10 times higher. Clearly, promotion of homosexuality as another norm, that our schools are involved in currently, is another genocidal policy of our corrupt governments that money from the communist block and zakaat money are paying for.

Recent research demonstrated, that homosexuality is a genetic disorder, thus many of the homosexuals do not have a choice⁵. They cannot simply agree to be heterosexuals as their chromosomes dictate sexual orientation. Hating them for that is irrational. They just need to be left alone and allowed to practice their sexual orientation freely. But our vulnerable society cannot tolerate preferential treatment and promotion of homosexuality. Those, who are not genetically configured to be homosexuals cannot be allowed to be pulled into homosexual lifestyle by way of advertising homosexuality as another norm.

To preserve our civilization we must instill an idea in our children that homosexuality is another bad habit, like drug abuse, alcoholism, smoking, crime and laziness. The flood of sexual education information from the schools have to be countered by the morbidity statistics from the health authorities, health effects of homosexual intercourse, impact of it on life expectancy and increased rate of suicide among homosexuals, but the best approach is of course to remove your children from the public school system and to homeschool.

Fighting indoctrination by the trained professionals is very difficult for the parents, who have lots of other things on their plate and limited time. The following compressed information on the health effects of homosexual lifestyle should help the parents to dispel the myths spread by the public school system.

Besides widely known sexually transmitted diseases (STD) Gonorrhea and Syphilis, that infect both heterosexuals and homosexuals, there is a number of conditions more prevalent among the homosexuals.

⁵Homosexuality as a Consequence of Epigenetically Canalized Sexual Development. William R. Rice, Urban Friberg, Sergey Gavrillets, The Quarterly Review of Biology, Vol. 87, No. 4, December 2012. The University of Chicago Press

Chlamydia is a common STD caused by the bacterium, *Chlamydia trachomatis*, which can damage woman's reproductive organs. Even though symptoms of chlamydia are usually mild or absent, serious complications that cause irreversible damage, including infertility, can occur 'silently' before a woman ever recognizes a problem. Chlamydia can be transmitted during vaginal, anal, or oral sex.

Cryptosporidium is the organism most commonly isolated in HIV positive patients presenting with diarrhea. Cryptosporidiosis is typically an acute short-term infection but can become severe and non-resolving in children and immuno-compromised individuals. In humans, it remains in the lower intestine and may remain for up to five weeks. The parasite is transmitted by environmentally hardy cysts (oocysts) that, once ingested, exist in the small intestine and result in an infection of intestinal epithelial tissue.

Giardia is a microscopic parasite that causes the diarrheal illness known as giardiasis. Giardia (also known as *Giardia intestinalis*, *Giardia lamblia*, or *Giardia duodenalis*) is found on surfaces or in soil, food, or water that has been contaminated with feces (poop) from infected humans or animals. Giardia is protected by an outer shell that allows it to survive outside the body for long periods of time and makes it tolerant to chlorine disinfection. While the parasite can be spread in different ways, water (drinking water and recreational water) is the most common method of transmission.

Herpes simplex virus (HSV) infections are very common worldwide. HSV-1 is the main cause of herpes infections on the mouth and lips, including cold sores and fever blisters. It is transmitted through kissing or sharing drinking utensils. HSV-1 can also cause genital herpes, although HSV-2 is the main cause of genital herpes. HSV-2 is spread through sexual contact. You may be infected with HSV-1 or HSV-2 but not show any symptoms. There is no cure for herpes, and once you have it, it is likely to come back. However, some people may have one outbreak and then never have another one. In between herpes outbreaks, the virus lies dormant (as if it is hibernating or sleeping) in nerve cells.

HIV infection is a condition caused by the human immunodeficiency virus (HIV). The condition gradually destroys the immune system, which makes it harder for the body to fight infections. People who become infected with HIV may not have any symptoms for up to 10 years, but they can still pass the infection to others. After you come in contact with the virus, it can take up to 3 months for a blood test to show that you have HIV.

Genital human papillomavirus (also called HPV) is the most common sexually transmitted infection (STI). There are more than 40 HPV types that can infect the genital areas of males and females. These HPV types can also infect the mouth and throat. Most people who become infected with HPV do not even know they have it. HPV often clears naturally within two years. But, sometimes, HPV infections are not cleared and can cause cervical cancer and other, less common but serious cancers, including cancers of the vulva, vagina, penis, anus, and oropharynx (back of throat including base of tongue and tonsils).

Isospora belli is a coccidian protozoan parasite belonging to the phylum Apicomplexa. Many species of *Isospora* infect a variety of animals such as dogs, cats, pigs and non-human primates. Pathogenicity in man appears to be restricted to *Isospora belli*. Symptoms of *I. belli* infection include diarrhea, steatorrhea, headache, fever, malaise, abdominal pain, vomiting, dehydration, and weight loss. *Isospora belli* can cause a serious and sometimes fatal disease in immune competent patients. In patients with AIDS, or other immune compromised hosts, infection is often severe with a fluid, secretory-like, diarrhea that may lead to dehydration requiring hospitalization.

Microsporidiosis is a disease caused by infection with microscopic organisms called microsporidia. Microsporidiosis can cause infection of the intestine, lung, kidney, brain, sinuses, muscles, and eyes. Microsporidia are eukaryotic parasites that must live within other host cells in which they can produce infective spores. These spores cause microsporidiosis, a disease which is primarily seen in individuals infected with human immunodeficiency virus (HIV).

When doctors speak of *viral hepatitis*, they usually are referring to hepatitis caused by a few specific viruses that primarily attack the liver. There are several hepatitis viruses; they have been named types A, B, C, D, E, F (not confirmed), and G. As our knowledge of hepatitis viruses grows, it is likely that this alphabetical list will become longer. The most common hepatitis viruses are types A, B, and C.

Other physical problems associated with anal intercourse are:

Hemorrhoids – painful, swollen veins in the lower portion of the rectum or anus. Although majority of hemorrhoids patients developed them due to constipation or diarrhea, anal sex almost 100% guarantees development of hemorrhoids. Hemorrhoids are present in virtually 100% of those who practiced anal intercourse, whether men or women.

Anal fissures. An anal fissure is a cut or tear occurring in the anus.

Anorectal trauma – more severe tear of intestine that can be fatal due to internal bleeding.

If a careful readers were to do their own research, they would notice that the mentioned infections bring some Internet search results completely free of any mention of spreading via sexual contact, needless to say anal. The homosexual lobby is working hard to cleanse the sources of information of any mention of harm caused by their lifestyle.

Promiscuity among the homosexual men is incredible to a sane person. Many homosexuals reported having intercourse with 100 different other males during their lifetime. Assuming that the homosexual men could be sexually active between the ages of 16 and 66, that means changing at least 2 partners a year. That explains the high rates of infections among the homosexuals.

The young generation needs to know, that half of all suicides is attributed to the homosexuals⁶, while homosexuals are 100 times more likely to be murdered (usually by another homosexual) than the average person, 25 times more likely to commit suicide, and 19 times more likely to die in a traffic accident⁶. Another important statistics to be aware of is that almost 50% of homosexuals hold management positions and their average income is almost 50% higher than of an average heterosexual person. That means that your boss is very likely a homosexual if he/she is not married with children.

26.3 Combatting pornography

The authors are not self-righteous hypocrites. Some of us love healthy dose of nudity when appropriate, but we feel we should speak about some risks created by watching porn. Although pornographic images and videos in themselves are not inherently harmful, but some practices conveyed in them could be mistaken for safe and normal. It is a role of parents to explain to young generation what can be considered safe sexual practices, and what is dangerous.

We addressed the health risks of anal intercourse in the previous section. Interest to anal sex for many couples that tried it originated from the male partner watching porn and getting an urge to try it. Their female partners absolutely must be firm in rejecting anal sex.

Other harmful practices include bondage (tying up a partner) and sado-masochism (torture). Bondage restricts natural blood flow in human body (that increases during foreplay and intercourse) and creates risk of blood clots, joint dislocation, suffocation and increases risk of hemorrhoids. Torture, besides clear risk of injury (which seems to be the goal) increases risk of developing a heart condition. In view of the authors both practices create unjustifiable risk but still cannot replace excitement of loving relationship between partners.

Sex toys, often displayed in pornography, should be approached with caution. What pornographic images and videos do not tell the viewers, is that female sex actors spend quite some time stretching their vaginas and anuses to be able to insert large objects. Trying that may result in pain up to

⁶Kus, R. "Alcoholics Anonymous and Gay America". Medical Journal of Homosexuality, 1987, 14(2), p. 254
 Dr. E. "Is Homosexual Activity Normal?" Marietta, GA

catastrophic injuries that may require emergency surgery and lead to death. It is simply not worth the ‘fun’.

Chapter 27

Exercising the mind

Right, as the world goes, is only in question between equals in power, while the strong do what they can and the weak suffer what they must.

The Landmark Thucydides, A Comprehensive Guide
to the Peloponnesian War

27.1 Know your rights

Some of us do not even know that no one is allowed to infringe on their rights and freedoms. The governments have us believe that our rights extend as far as the law permits, and they are the ones who can change the laws any time. Many in the government bureaucracy have become so brazen, that they believe that their organization's policies are above the rights of people, even above those guaranteed by the constitution.

The United States, the beacon of democracy and freedom in our world, was born illegally. The founding fathers of US Constitution have committed an act of treason towards English monarchy. They betrayed their former country and committed crimes against British laws. Illegality of the war for independence was rooted in violation of the unalienable human rights by British monarchy, not in the acts of Americans. Some actions are clearly illegal regardless of the ruling government, but others are only illegal in the opinion of the government itself.

Clearly people have rights that do not originate in the laws or policies. But knowing that is one thing, enforcing the rights is something completely different. Very few countries have legal provisions for protection of individual rights. Even fewer have laws that punish the violators. This was done on purpose by the government bureaucrats in order to create a nice looking illusion of liberty, void of matter, therefore enforcing your rights is left on your shoulders. You need to know your rights, keep your eyes open and ears peeled, think about the events from the perspective of your rights and identify violations. Each violation has to be brought to the attention of legislature and government in a form of complaint and include proposal for a remedy. The nonsense responses have to be debunked and message hammered back – we will not allow you to violate our rights!

“We can't have any of that!”

“This is not how we do things here!”

“You are not allowed to take law into your own hands!”

Does that sound familiar? Where did you hear this phrase last time? Perhaps it was a politician or police public relation officer commenting on a citizen defending their life or property. They want

a monopoly on safety as only monopoly guarantees ever growing police staff and budget, more cool looking tactical toys, forensic and surveillance equipment, overseas exchanges and publicity nurturing their high ego. People have means of fighting back even without ever coming into contact with law enforcement. How? Let me explain.

27.2 Abandon victimhood

First of all, some people are potential victims. They look and behave like victims in the eyes of the predators. Realizing your victimhood is a very important exercise for your mind. There are several considerations that everyone should review from the perspective of how those apply to their life:

1. Are you living in a high crime area? Those in the high crime areas have greater chance of coming in contact with offenders. The high crime areas are low income, densely populated (apartment buildings) areas where residential and commercial properties exist close by. If you are in a high crime area, consider moving out.
2. Are you leaving home at night? Most violent crimes happen when it is dark. Staying inside after dark helps reduce exposure to the criminals. Do you have to be outside when it is dark? Consider a change in your schedule.
3. Are you carrying valuables, such as expensive clothes, watches or jewelry? These valuables attract the criminals. Consider leaving jewelry at home or in a deposit box, wearing cheap watch and dressing modestly.
4. Are you associating with many young men? Young men are much more likely to commit criminal offenses. Consider several actions to reduce association.
5. Are you single? Single people have more chance to be victims of crime. Getting married helps to reduce that chance.
6. Are you visiting places that serve alcohol? Consumption of alcohol is associated with many criminal offenses.
7. Do you look vulnerable? Would an offender consider you an easy prey? Are you looking weak, slow, distracted, naive, stooped, slouching or wearing glasses? Consider building bodily strength, paying attention to your surrounding, speaking in affirmative voice and wearing contact lenses.
8. Is your home easy to break into? Consider buying a home with at least brick veneer, which is harder to burrow through. Install 3M window film on all windows – that will not only save you money on heating and air conditioning, but will make your window glass impenetrable with improvised or conventional tools (bricks and crowbars). Regular front door is very easy to kick in. Consider installing a safety storm door.
9. Are you driving a vehicle that is in high demand for the criminals as a source of parts or as a getaway vehicle? Consider driving an older model family sedan or van rather than a brand new sports car or luxury SUV.
10. Do people know you as a nice, easy going, forgiving person? You would be more likely to be taken advantage of. If you are known as rough, cunning, vengeful person the predators are less likely to want to harm you.

If the people would stop being victims, then extra unnecessary police would lose their jobs and the taxpayers' money would be better spent elsewhere. Unfortunately, they and their crony politicians understand that too. This is why the West is being invaded with the hordes of troublemakers from the 3^d world. The government agencies tasked with immigration controls are going out of their way to open our borders to the worst of the troublemakers: the terrorists, organized crime, religious fanatics and left-wing lunatics of all sorts. This is why we see no action against the illegal aliens and one immigration amnesty after another.

Although the laws of many countries forbid discrimination on the basis of nationality, religion, age, sexual orientation etc. those laws mostly apply to the government and employers. We, the people, are not forbidden from discriminating against anyone on any basis, even though the special interest groups want us to believe otherwise. Facing reality, we should realize that those who are the traditionally perceived victims of discrimination actually engage in systematic discrimination of others.

With very few exceptions Western population are positive people who are not naturally inclined towards treating others badly. Only when systematically facing discrimination from those who claim to be the victims, we may reciprocate. It is not easy, but it is our duty to change our mindset and learn to discriminate against those who are not willing to accept our standards of living and contribute to the progress of our society. Telling the troublemakers that they are troublemakers is fine. The fear to offend that permeated Western civilization is false fear as there is no one actually who is threatening us with harm for offending them. The hysterical outcry from the special interest groups is just that – words that do not harm, unless they are taken as a directive.

We as individuals can and should discriminate against those who are harming our society short and long term.

- When you are in a management position do not accept job applications from the immigrants if you can hire a local. If you have an opportunity to choose, do not hire a muslim. This is not only in the interests of our society, but in your own best interests too – the muslims are notorious for demanding religious accommodation at the cost to productivity.
- Screen job applications for signs of criminal lifestyle. Observe the applicants for signs of alcohol and drug abuse. Run a criminal background check if you have any doubt.
- Ignore the complaints from the offended aliens regarding traditional elements of your country's culture, let them know instead that our cultural values are not negotiable.
- Ignore the demands for accommodations from the followers of non-traditional religions. Religion is a personal set of beliefs, therefore no one is under obligation to accommodate any religion if they do not want to.
- Refuse to buy products from a muslim country or muslim-owned business if you can buy them elsewhere.
- Refuse military service in a muslim country (unless that country threatened your country's security).

27.3 Self-appreciation

All right... all right...
 but apart from better sanitation
 and medicine and education and irrigation
 and public health and roads and a freshwater system
 and baths and public order...
 what have the Romans done for us?

Monty Python, *Life of Brian*, Matthias's House scene

One of the aspects of genocide of Western population is indoctrination in self-hatred. This indoctrination has to be opposed from the early age. It usually begins in elementary or middle school in form of anti-racist training. The young generation is made to feel collective guilt for the deeds of the distant past, instilling self-hatred and lowering self-esteem. It is obvious that the left is trying to have it both ways here. They promote the ideas such as that only a small minority of muslims are terrorists, therefore it would be wrong to associate islam with terrorism. How is it then that entire white race is guilty for slavery or oppression, which occurred hundreds of years ago? This is a logical fallacy, one of many fallacies of the left.

Western population has caused the least harm to the races and people who consider themselves victims of racism, compared with for example muslims. Comparing America as a slave trade destination with Middle East we cannot help but notice that the prospect of survival for the Africans sold into slavery to America was up to 10 times higher than for the slaves destined for the muslim countries. The American black slaves had an opportunity to marry each other, have children, practice their religion (although the vast majority have chosen to adopt Christianity). Virtually every male slave in the muslim countries was forcefully castrated with low survival rate due to anti-sanitary conditions of surgery. They were often killed once they became too frail to work. As islam considered itself superior to all other religions, the black slaves were not allowed to practice their religion, not allowed to have families. And sometimes treatment of black slaves was better than of the less known white slaves from England¹.

Summarily, the black slaves were better off in America than they were in their home countries in Africa thanks to better nutrition, availability of health care and better climate and environment.

However ending up sold to the Middle East meant a delayed death sentence for them. Previously North Africa – the islamic Maghreb – was populated by a mixture of white and black people. Currently it is populated mostly by descendants of Arabs. How is that possible? When Umayyad empire was expanding to the West in a 7th century attempt to establish global Caliphate, they committed genocide of those who refused to convert to islam in every country they conquered along the way. This is why Egypt, Libya, Tunisia and Algiers are predominantly Arab countries today.

Same happened when Ottoman empire advanced on Europe – they kidnapped young boys from the Christian families in the Balkans to bring them up as fighters for jihad – the Janissary.

Has Western civilization committed genocide of the conquered races? No, not willingly. There were allegations of epidemics brought by Western colonizers to America, but when it was happening, there was no scientific knowledge of microorganisms and clearly there was no way to prevent spread of the diseases. The ‘perpetrators’ were just as sick as the ‘victims’. At the same time the Indian tribes committed genocide of the defeated in the constant wars they fought, wiping out entire tribes until the

¹Ships carrying White slaves to America often lost half their slaves to death. According to historian Sharon V. Salinger, “Scattered data reveal that the mortality for [White] servants at certain times equaled that for [Black] slaves in the ‘middle passage’, and during other periods actually exceeded the death rate for [Black] slaves.” Salinger reports a death rate of ten to twenty percent over the entire 18th century for Black slaves on board ships enroute to America compared with a death rate of 25% for White slaves enroute to America.

arrival of European settlers put an end to the wars. Such was the fate of Petun, Eerie and many other tribes of Huron alliance at the hands of Iroquois and others throughout the history of North America. Indian genocide was accompanied with horrific grotesque torture and slaughter of men, women and children, even the pets and domestic animals². Only arrival of the European settlers ended wide-scale human sacrifice in Latin America and genocidal wars in North America.

The so-called “peaceful” Indians systematically broke peace treaties, betrayed and ambushed the settlers. In the tough quest for survival in the New World such policy could not be tolerated and the inferior civilization of American Indians eventually disappeared. The revisionists from education and science attribute culture to the vanished natives, despite it being a scientific fact, that they not achieved absolutely nothing. The North American Indians knew no metal, glass, brick or mortar, salt, wheel, domestic animals – nothing that differentiates modern civilization from stone age. These treacherous and vicious savages are being portrayed by the revisionists as morally superior to the European settlers, who brought with them all fruits of industrialized society and offered them to the natives.

The very first war between Indians and European settlers was started in 1622 by chief Opechancanough whose tribe killed 345 men, women and children. War ensued and piece was made in 1634. Opechancanough broke peace in 1644 and killed 300 English people. Wampanoag chief Philip (Metacomet) attacked Swansea, Massachusetts in 1675. The Indians killed more than 1,000 colonists, and completely destroyed 12 towns before the ‘War of King Philip’ ended in 1678.

Chief Pope, from San Juan pueblo, attacked several Spanish settlements in August 1680. The Indians killed over 400 Spaniards, and besieged 1,000 more in Santa Fe. After several days without water, the Spaniards escaped to El Paso del Norte (now El Paso, Texas).

In 1762, Pontiac, an Ottawa chief, began to organize the many tribes of the region to fight the newcomers. In 1763, Pontiac’s forces seized every British post between the Straits of Mackinac and western New York except Detroit and Fort Pitt. They besieged the fort at Detroit for about five months.

The raids of Delaware, the Wyandot, the Shawnee, and the Cayuga Iroquois between 1770-1774 gave Kentucky the name of “the dark and bloody ground”.

In the early 1800’s, the Shawnee chief Tecumseh and his brother, known as the Shawnee Prophet, tried to form another alliance against the whites. Tecumseh traveled throughout the Middle West and the South, and won many Indians to his cause. While Tecumseh was in the South, the Prophet stirred up trouble in Indiana.

More than a dozen of women and children, a dozen of militia and many soldiers were killed in Fort Dearborn massacre of 1812.

In the South (1813-1842) Tecumseh had stirred up the Creek Indians, who “took up the hatchet” throughout Alabama, Georgia, and Mississippi. In 1813 they attacked Fort Mims in Alabama, and massacred several hundred settlers. The Seminole, a southern branch of the Creek in Florida, became angry because the Creek gave up the land. They rose against the whites in the First Seminole War (1817-1818).

In 1862, Little Crow led an uprising in Minnesota. The Indians massacred hundreds of settlers in the New Ulm area.

This debate can continue but in sum, Western civilization had huge positive impact on the world as we know it today. White race carrying Pan-European cultural values has higher intelligence, better ethics and more knowledge. Our women are more beautiful and our men are more handsome than the other races and cultures. There is nothing we have to be ashamed of and there is absolutely no reason for self-hatred. Again, the best approach is to remove your children from public school system before their mind is irreparably damaged by self-hatred indoctrination.

²Perimortem mutilation of human remains in an early village in the American Southwest: A case for ethnic violence. James M. Potter, Jason P. Chuipka. *Journal of Anthropological Archaeology*, 2010, doi:10.1016/j.jaa.2010.08.001

27.4 Turn the tables

Radical left is using an array of social and political weaponry against the Western civilization. Many of those weapons have been widely publicized by the theorists of Marxism-Trotskyism-Leninism, but some of them are being kept secret. It would require immense patience and dedication to gather yourself to seek and research foundation of leftist ideology but that has to be done as price tag of doing nothing is too high. People may die, economies may collapse and another world war may start if we allowed the left to have an upper hand.

Leftist ideology is based on collectivism which leads to economic stagnation and collapse due to reduced or completely eliminated interest of the individuals in improving their conditions through work or entrepreneurship. Socialism was an utter failure in every country where it was tried. Those failures had resulted in varying degree of impoverishing entire nations and genocide. Our instinct of self-preservation should motivate us to fight collectivism tooth and nail. For that we need to know our enemy, learn their methods and use them to our benefit.

We are busy, we have little time, but we are more intelligent and resourceful. We have a chance to win.

Research the methods of the left

The theory of socialist class warfare has its roots in the writing of Vladimir Lenin – 50 big volumes of hatred and poison. This is not light reading. Those books, articles and letters are full of cold blooded cruelty and hatred of the rich. But it is important to bite the bullet and read what the theorist of global revolution and class warfare has prescribed for us. Price tag of ignorance is too high – the Marxists in Western government have already pilfered and wasted trillions of our wealth, needless to say the communists themselves have slaughtered hundreds of millions on their totally unsuccessful path to socialist paradise, paved with blood and tears of their victims.

Modern left in mass media and academia is widely using a set of methods, known as “Alinsky’s rules for radicals”. In his 1971 work Saul Alinsky proposed several rules for winning debates and campaigns by what he disguised as ‘organizers’ – that was what he called radical left. “The enemy properly goaded and guided in his reaction will be your major strength.” The idea behind those rules is to bait an opponent into reacting, thus taking the war onto the enemy territory:

1. Power is not only what you have, but what an opponent thinks you have. If your organization is small, hide your numbers in the dark and raise a din that will make everyone think you have many more people than you do.
2. Never go outside the experience of your people. The result is confusion, fear, and retreat.
3. Whenever possible, go outside the experience of an opponent. Here you want to cause confusion, fear, and retreat.
4. Make opponents live up to their own book of rules. “You can kill them with this, for they can no more obey their own rules than the Christian church can live up to Christianity.”
5. Ridicule is man’s most potent weapon. It’s hard to counterattack ridicule, and it infuriates the opposition, which then reacts to your advantage.
6. A good tactic is one your people enjoy. “If your people aren’t having a ball doing it, there is something very wrong with the tactic.”

7. A tactic that drags on for too long becomes a drag. Commitment may become ritualistic as people turn to other issues.
8. Keep the pressure on. Use different tactics and actions and use all events of the period for your purpose. "The major premise for tactics is the development of operations that will maintain a constant pressure upon the opposition. It is this that will cause the opposition to react to your advantage."
9. The threat is more terrifying than the thing itself. When Alinsky leaked word that large numbers of poor people were going to tie up the washrooms of O'Hare Airport, Chicago city authorities quickly agreed to act on a longstanding commitment to a ghetto organization. They imagined the mayhem as thousands of passengers poured off airplanes to discover every washroom occupied. Then they imagined the international embarrassment and the damage to the city's reputation.
10. The price of a successful attack is a constructive alternative. Avoid being trapped by an opponent or an interviewer who says, "Okay, what would you do?"
11. Pick the target, freeze it, personalize it, polarize it. Don't try to attack abstract corporations or bureaucracies. Identify a responsible individual. Ignore attempts to shift or spread the blame.

As you can see, the theorist of radical left Saul Alinsky invented a social weapon for winning debate, ranging from conversation to sabotage and terrorism. However no one prosecuted him for that – society considered that manifestation of free speech, protected by the 1st] amendment.

At least know that set of rules. At some point you might start using it, but knowing is very important as you would then look at the actions of radical left from a whole new angle. Many actions that previously did not make much sense would become clearly a part of the big plot of taking over the West.

Using the rules for radicals, Western left has been steadily escalating their fight for power. They moved from peaceful means to rioting by now. The various 'occupy' groups and union members engaged in physically attacking their political opponents. Next stage is civil war in full compliance with Lenin's theory of world revolution. History has completed a full cycle and world is coming back to a repeat of early 19th] century class warfare.

This is what we can see with our own eyes.

Conspiracy of the left

There are things we cannot see and they concern the authors most as that means we do not know our enemy. It is clear how the left corrupts and indoctrinates some segments of population, but not all.

We do not know how our educators are being indoctrinated into radical leftist ideology at the colleges. They apparently enter colleges absolutely normal and graduate radical left collectivists. Something is in the instruction and the textbooks that converts our young people into slaves of collectivist ideology and they join teachers' union, go on strikes and spew poison of big government, surrender and multiculturalism to the school children.

We need the insiders, who could identify instruction items leading to leftist radicalization and bring them to light and scrutiny. If you go to college to become a teacher, scan your textbooks and lectures and put them on the Internet where people on the right of political spectrum could read them. Every bit is important – the illustrations, diagrams, book lists, examples, assignments – every word and image.

It will be very hard for the young people of the West to identify enemy propaganda as they have not had training in collectivism and socialism. This is why they need to publicize every bit of teacher's instruction. Others who are older, more experienced and have appropriate background would complete

the task. One parent shared with us an image, used on a cover page of middle school social studies course manual – it was identical in design and similar in verbiage to the USSR’s ‘Young Pioneers’ organization’s lapel pin (minus V. Lenin’s image), but with a slogan from Hitler Youth motto. Such items are being slowly but surely introduced in the West to become mainstream. Unfortunately people in the West do not recognize them immediately and do not become alerted to indoctrination going on.

We should learn to listen to the immigrants from the former communist block countries. They know socialism when they see it. If only we had patience to listen, we probably would have realized long time ago that what we considered “just expressing different opinion” as protected by the free speech laws was actually a concerted effort by our enemies to hijack and destroy our society.

What we do understand is how unionized workforce is being corrupt and indoctrinated. The political left accomplished that by impoverishing the working people through increased taxes, but not directly. They cannot use income tax to squeeze people dry, as that would enrage their victims. Left-wing government bureaucracy uses corporate income tax and other ways of extortion from the businesses, including accounting practices, to lower personal income and force outsourcing to the 3rd world.

Impoverished workforce, angered by their condition is the main weapon of the left. They cannot use working people as weapon against Western society as long as those are highly skilled and well paid. Only when their salary no longer pays for the basic needs and savings are depleted, left has a chance to direct peoples’ anger against the government. This is what they call class warfare, which is not a struggle between the classes, but the process of agitating one class to attack another.

Overcoming this type of social warfare is very difficult. Only the government has control over business accounting and taxation and they are immune to the feedback from people and businesses. Basically government bureaucracy at the revenue and tax services can do as they see fit, as their ideology dictates them and as their radical left masters are instructing. Short of overthrowing existing government and permanently replacing government bureaucracy, there is no way to remedy the situation. That path is very risky, as left is skilled in hanging onto any instability and taking over revolts as Russian revolution of 1917 demonstrated. What started as bourgeois revolution and established a democratic electable government was quickly overtaken by Bolshevik dictatorship in a military coup. The people of the West have to be very clear in their goals and methods and very careful in their steps towards preservation of their wealth and freedom.

That takes a lot of planning and preparation, and we do not have much time. We need to go to work and put bread on the table of our families, while radical left lives off our taxes and government handouts and has unlimited time and resources. This is an uphill battle we will have to fight one day. Symmetric warfare will not work. To have a remote chance of winning we will be forced to borrow the methods of radical left and use them with higher efficiency, or surrender and be destined for slaughter.

Chapter 28

Exercising the body

A nation that makes a great distinction between its scholars and its warriors will have its laws made by cowards and its wars fought by fools.

Thucydides

Since the firearms have been invented, the role of strength and agility in preservation of freedom has diminished due to adoption of the standing armies. But we are not writing about all out war – the Western population is not facing a standing army yet. The individuals are facing the imported troublemakers and their obedient slaves one on one. Physical development is quite important under the circumstances.

28.1 Physical and mental health

Chronic poisoning is the root cause of majority of diseases and medical conditions in the modern Western population.

Free processed glutamic amino acid is used as taste enhancer in virtually every food in its pure form or as a sodium salt called mono-sodium glutamate (MSG). Some artificial food ingredients also cause break-up of the proteins and release of glutamic acid in its pure form. That can happen during the processing or naturally. Also, MSG solution can be used in agriculture to spray the fruits and vegetables for mold protection, thus leaving MSG residue on the produce.

Glutamic acid is a neuro-toxin, that tricks brain into believing that food has better taste, by attaching to the taste receptors¹. This is what glutamic acid is used for – to enhance taste of the foods it is added to. But that is not the only effect it has on our bodies. In fact it has whole spectrum of negative health effects:

- Suppression of immune system that causes all below
- Elevation of inflammations (joint, tendon, ligament and muscle tissue problems)
- Elevation of allergies including asthma
- Elevation of pain
- Digestion problems

¹Russell L. Blaylock, M.D. Excitotoxins, The Taste That Kills, Health Press, ISBN 0929173252, 978-0929173252

- Fatigue
- Elevated irritability
- Reduced focusing and concentration
- Genetic mutations and cancer
- Fertility and maternity problems

On top of those issues, glutamic acid causes obesity by increasing food intake. One of the purported goals for adding MSG to food was to help older people eat more. The problem is that MSG does not know the age of its victims and forces people of all ages to eat more than necessary by tricking their brains into considering food better tasting and desiring more of that food. Traditional medicine has not even thought about researching stacked effect of multiple excitotoxins: MSG, sugar substitutes, prescription medication and narcotics.

Unfortunately, there are no laws that would require the food labels to inform the consumer that food contained free processed glutamic acid. That and the fact that it can be hidden behind the trade marks and added indirectly, but as an ingredient of another ingredient, makes situation even more difficult for those who would like to eat healthy. The only way to ensure there is no free processed glutamic acid in your food is to buy raw ingredients and cook your own foods. The more food is processed and ready for consumption, the higher is content of glutamic acid in it.

Ideally one should be buying flour and grains, bake their own bread and pastry, cook their own cereals from grains, butcher their own meat and grow their own fruit and vegetables. Often that is impossible or very hard to achieve and organic products do not really help. In fact many municipalities have by-laws against keeping and slaughtering domestic animals. You can guess who is pushing for these by-laws. It is not really important if a food product was grown under the organic standards – it is important that it should not have been sprayed with MSG or undergone industrial processing that would break up proteins and release free glutamic acid.

Regardless of the labels stating that certain foods contain only natural ingredients, you should stop eating everything packaged in cans, jars or bottles, as well as processed meats such as sausage, hot dogs, hams and other deli. Everything pickled, fermented, spicy, roasted, fried or dried most likely contains free processed glutamic acid in one or another form. The sensitive people eventually realize by way of trial and error that all processed food and some produce cause MSG poisoning symptoms in them.

Water fluoridation causes similar illnesses and usually one masks the effects of another. The authors found that drinking water containing fluoride caused blood-filled bubbles on the underside of tongue. These bubbles pop-up while eating certain foods, burst and become inflamed, causing severe mouth pain. Perhaps MSG and fluoride work together to create this condition.

Chronic MSG and fluoride poisoning prevents successful participation in sports at early age, in the workforce during adult life and causes terminal illnesses at the late age. Everyone should make lifestyle changes to avoid those types of poisoning by cooking own food from raw ingredients and installing reverse osmosis filtering system. Only then life will be good again and suffering will become history, as well as huge expenses on medication and health care.

28.2 Physical strength, stamina and agility

Have you noticed that many people around you wear bracers on their wrists or elbows? How many do you know who have undergone knee replacement? How many with shoulder issues? The authors see plenty of people walking around in bracers – all the time. It is hard to be strong and agile when you are

suffering from pain or tendon failure. All these conditions have three major root causes: eating food, poisoned with excitotoxins; drinking fluorided water and resulting lack of exercise.

Get off MSG, sugar substitutes and fluoride first. Quit smoking and drinking alcohol and coffee. Now your body can be perfected through exercise. Without first two, exercising is futile – you will end up only hurting yourself more. Obviously that is good for our sworn enemies who are seeking to destroy and conquer the Western democracies. The weak are easier to scare into submission.

Being the martial arts instructors, the authors observed huge differences in physical strength, reactions and stamina among the majority of poisoned and few healthy individuals for many decades.

The healthy students performed several times more repetitions of conditioning such as push-ups, squats, crunches, sit-ups and chin-ups. They sparred for much longer and recuperated much quicker. They have become so strong, that they literally could not train with the regular people of their age and body mass – they would knock down their opponents with the lightest blows, frustrating those and themselves and just wasting time waiting for the opponents to get up and continue sparring. The healthy individuals also withstand heavy recoil of rifles, shotguns and handguns and as a result can fire more accurate shots in quick succession.

Clearing your body of poisoning will give you significant advantage at school, in sports, martial arts and at the workplace, as you will be able to perform more work in each of the fields and take fewer sick days, needless to say spend less on the medications.

28.3 Martial arts and their relative value

The most widely known martial arts are indisputably boxing, karate, judo, taekwondo, aikido, kendo and kung-fu. Everyone heard of one or another martial art at some point in the mass media, books or movies. The names of Mohammed Ali, Bruce Lee, Chuck Norris, Jean Claude Van-Damme, Steven Seagal and a number of other martial art practitioners have earned worldwide fame after some of them starred in the action movies. Thousands of books were written about training self in one or another martial arts, thousands of movies offer advise on training and practicing martial arts.

When practiced properly, for many years, virtually any martial art can be mastered to a degree of perfection. That requires high level of devotion, regular training of many hours a day, space and equipment (sometimes quite expensive).

It seems that defining the necessary level of mastering the martial arts is very helpful in planning and executing the personal training strategy. Let me explain what it means.

By martial arts most of us assume oriental hand-to-hand martial arts. There were however martial art developed virtually all around the globe at different times. Throughout the world the ordinary people, merchants, military men and nobility trained in the use of melee and ranged weapons. Interest to hand-to-hand combat arose with introduction of the limitations on carrying of weapons. Traditional boxing hails from England. France developed Savat, or French kick-boxing. Ancient Rus practised fist fighting that virtually every male was trained in. The Buddhist monks of ancient China developed wu-shu hand-to-hand and weapon fighting. Jujutsu was developed in Japan 16th century. Traditional karate was developed in Okinawa in the 19th century. The approach to winning a fight is similar, but different among the different martial arts.

Striking styles

Traditional boxing uses fists only and restricts the areas of the body where punching is allowed. The boxers bandage their fists and use gloves to prevent hand injury. Obviously that limits the use of traditional boxing as a martial art. Another school of martial arts, that is most widely offered is karate.

There are many schools and styles of karate, most famous being shotokan, shito-riu (no-contact styles) and kyokushinkai, ashihara (full contact styles).

Karate is different from boxing as it uses both hands from fist to elbow and legs from toe to knee for striking. That provides significant advantage to karate as self-defense system versus traditional boxing.

Toekwondo is another 'striking' martial art style. Though very similar to karate, it emphasizes kicking techniques.

Grappling styles

Judo, jujutsu, grappling and wresting are the well known throwing styles of martial arts. They achieve their goals by grabbing and throwing the opponent's body, as opposed to striking it. Different styles allow different amount of grabbing: anywhere from grabbing by the fingers or palm to grabbing by the neck and torso.

In practicing the throwing styles it is important to remember that grabbing by the special uniform, practiced in judo and similar styles (such as Russian SAMBO) may be inefficient in the street simply because the opponent may not be wearing suitable clothes. Heavy reliance of judo on the special jacket (gi), belt and pants can lead to inability of the practitioner to perform any moves on the actual opponent in self-defense situation.

Aikido is a throwing style with reduced reliance on uniform. Traditional aikido is a purely defensive martial art, that focuses on releasing from the holds and incapacitating the attacker by impacting the small joints of the arm and hand. The variations to the traditional aikido have been developed that introduced attack techniques.

Sport versus combat

The traditional sport martial arts have limited usefulness in the real combat situation, commonly referred to as 'street fight'. The sports, in which training is performed barefoot, develop a corresponding dependency. It is difficult to impossible to fight while wearing shoes or boots on a pavement if all training was done barefoot on a soft tatami floor.

The followers of throwing sports find themselves handicapped by lack of gi and belt on the opponent's body and cannot perform many of their techniques for lack of a firm hold.

But what handicaps a martial art student most is the set of rules that they are used to. Usually there is at least a ban on direct punches in the face, kicking to the groin and the knee even in the full contact styles. The non-contact styles obviously restrict punching and kicking to the distance of 1-2 inches from the body of the opponent. The controlled punching and kicking becomes ingrained and makes street fight very dangerous, even more dangerous than not studying any martial art at all!

The combat training is restricted in modern society to the law enforcement and military personnel for the obvious reasons. It is illegal in virtually every Western country to injure the opponent while in training. The law enforcement organizations lobby for the laws prohibiting or severely restricting practicing of the full-contact martial arts for fear of difficulties in apprehending those who would possess same or better combat skills. As a result of these restrictions the Western population are sitting ducks for any terrorist who comes around. The training camps where they receive their combat training apparently are in no way hindered by the rules we have to follow in the West.

Blended styles

Many blended styles have been developed from the traditional, pure form martial arts, by those who understood the limitations of the orthodox approach. There are certain issues with blended styles that

adversely affect their popularity. As the blended styles aim at bridging the gaps in the original styles with the outside techniques, they have no opportunity to obey the same set of rules, thus fall out of favor with the organization controlling the original style.

The very oldest blended style is jujutsu that was developed in the 16 century Japan. Its primary purpose was to enable the warriors to continue fighting in constrained close quarter combat situations, thus the elements of the traditional jujutsu include choking, joint fracture and blows to the vital organs. For the obvious reasons correct practicing of jujutsu is virtually impossible in modern society.

28.4 Hand to hand combat and melee weapons

Hand-to-hand

Compiling your own, personal blend of techniques that you can practice and apply efficiently is important for mastering self-defense. No one will do that for you – you are on your own in correctly estimating your strengths and weaknesses, preferences and capabilities. Start by reading and watching videos about martial arts. Join a local dojo for karate, taekwondo, aikido or judo training and develop your body and spirit, all while making observations of the techniques that you consider useful, while ignoring those that do you no good. Avoid the injuries! They slow down progress and waste your time.

Do not be shy to control your training partners, talk to them, do not allow them to use the moves that you are not yet comfortable with. You can change partner, break up sparring or leave a class if you feel that staying may lead to an injury. Embarrassment should not be a consideration when your health and well being is on the line.

As mentioned earlier, self-defense techniques are different from the sport techniques. Many conventional martial arts focus on kicking. But avoid kicking in a self-defense situation! When you are kicking, you are standing on one leg only while your body is in awkward position and your other leg is up in the air. If they grab your leg, you are at their mercy, while if they grab your hand, you can use another to keep striking, wrestling, pinching or scratching your attacker, or knee and kick them.

In sports you can win by showing perfect technique. In self-defense you win by quantity and power. Strike more and strike quicker. The authors keep repeating 'quicker' for a very good reason that is rooted in physics:

$$e = \frac{mv^2}{2} \quad (28.1)$$

This is a formula expressing the energy of a moving object that it can pass to the target on impact. Energy is proportional to first power of mass, but to the second power of speed. In other words, every extra foot per second gives you much more energy than the previous one. Increasing speed is possible with relaxation and regular training. The more relaxed you are and the more times you repeat the motion, the greater speed you can attain when striking. And remember something very important: there is no 1-2-3 sequence in martial arts. The moves have to flow like fluid, making your entire attack or counter-attack a single move, one single burst of energy. The counting is used only to describe and memorize the combinations, but not to execute them! With lots of training comes experience that will give you ability to adjust the combinations while executing them to adapt to the changes in opponent's posture or behavior.

You do not need to know lots of techniques. The traditional martial arts teach hundreds of techniques each. You need to memorize no more than couple dozens and learn to build them into combinations, suitable for the current situation. Rationale for that is that you are not training for a competition with other martial arts students, who learn the same techniques as yourself – you are training perhaps for only one combat in your life, that your life will depend upon, and you want to know what you are doing.

The most relaxed strikes are, unsurprisingly, those where the palm remains open, those with the fist not clenched. These strikes are also easier to master for the beginners. Practice them with a punching bag or pad. Relax your hands and hold them in front of your chest. Strike the bag on the level of your belly button with the back of your palm, then strike it 10 inches higher with the back of another palm, then another 10 inches higher with the back of the first palm. The motion is from the opposite shoulder across the chest and forward. Then switch and repeat this motion as many times as you can.

Start slowly and gradually pick up speed. After a year or so of training your 3 strikes to the stomach, solar plexus and face of an attacker will be very painful for them. Modified 3 strike technique targets groin or inner thigh, solar plexus and throat from a lower stance. Another simple move to practice is an inside block with the palm of your right hand, followed with the 3-strike technique described above. Always remember to switch sides! After you have mastered that, very few will be able to punch you successfully, so quick will be your response.

Move on to the next technique designed against the quick and trained opponents, specially against the boxers. Block the jab with the inside block of your right palm, while sliding the left palm up the right arm to do a wide outside block of the straight punch that follows towards you. Follow up with immediate 3-strike technique.

Another important technique for self-defense is using the elbows and knees, which is a big no-no in sports martial arts. A well-placed and powerful elbow or knee strike is very devastating. It can severely injure or even kill your attacker, so exercise discretion! Once you mastered transition from a block into 3-strike just above, grab their neck with the hand that did the last strike, bend their body forward and knee them in the chest. You can add an elbow strike between the shoulder blades once your knee strike is perfect.

Knuckle conditioning is a widely discussed controversial topic in the martial arts circles. Some swear by the knuckle conditioning techniques that involve punching increasingly hard objects, while others dismiss it as a hoax. In reality, teeth will cut through the skin of the knuckles, conditioned or not – avoid punching in the teeth! But striking just the body several times is still very painful for unconditioned knuckles. The decision as to whether use punching of increasingly hard objects for conditioning or not is yours. The push-ups on knuckles condition those pretty well. As a matter of fact in their martial arts career the authors never did regular palm push-ups. Also, punching a bag is a good form of conditioning – at first your knuckles will hurt from that. Elbows need some conditioning too and regular training with a punching bag provides enough of that.

Stick fighting

Although people no longer carry canes and sticks these days, mastering some stick fighting techniques is beneficial for a situation where you are unarmed, but have a chance to grab an improvised weapon – a stick of some sort (baton, umbrella, rod, tree branch, camera tripod, wrench etc).

There are many stick fighting styles around the world, of which one is very well worth mentioning. Its name is Modern Arnis. It was developed in the Philippines and influenced by the stick fighting styles of Indonesia, Malaysia, China and Japan. The Modern Arnis is a style that uses one or two sticks made of rattan vine ranging in diameter from $\frac{2}{3}$ to 1 inch and from 2 to $2\frac{1}{2}$ foot long. Rattan vine is light but flexible and it does not splinter. It rather sheds fibers when worn. That makes it perfect material for the fighting sticks. The rattan sticks can be purchased from many martial art supply stores. For real combat you can use different materials: steel or aluminum pipes, golf club carbon fiber shafts, steel rods, rebar, but remember to keep the weight down for the sake of speed.

Besides its primary function as weapons, Arnis make a very cheap and efficient training appliance. Holding two Arnis by the middle and spinning them back and forth while making circles with your arms is a great exercise for the arms and shoulders. When performed for a minute or two it helps to build

up, stretch and relax the muscles at the same time. Holding Arnis as you would normally hold a stick for striking and spinning them in front of your body helps to stretch and build up the muscles of the arms, while striking horizontally left and right while stepping back and forth with the opposite leg is an excellent exercise for the back muscles.

The use of Arnis in combat is based on the physics. You strike with the tip of the Arnis stick, not with the stem. While the tip is sliding along the attacker's skin, it applies all energy supplied to the stick by your hand and creates maximum pressure thus bruising and scratching at the same time. That causes a lot of pain and is a huge demoralizing factor. The best striking targets are hands and legs, as torso has more tissue and is protected by the hands.

Defensive uses of Arnis are multiple. They can be used to disarm and disable the attacker. These are primarily single-stick techniques.

Hold the stick in your right hand 3 inches from the bottom with your thumb up. Always leave 3 inches of stick under your fist to use for hooking on the attacker's weapon or body. Move your stick to the left, point it at 45 degree angle to the back and cover with your left hand. This is an initial position for all moves with Arnis.

If you are being attacked from the left, lift your right hand while simultaneously turning the stick upside down and resting it along the outside of the left arm. The attacking stick will strike your stick and you will at that very moment grab their stick close to their hand with the fingers of your left hand, turn your stick upside down, block their wrist with the 3 inches of the stick that are behind your fist, and pull towards yourself. That will disarm your opponent and leave you holding their stick. Immediately strike their head with your stick and keep striking other parts of their body.

Very similar technique can be used for an attack from above, except that you hold your stick higher.

If you are being attacked from the right, bring your stick to the right pointing up and rest the top of it on the wrist of the left hand with your elbow facing the attacker. When their stick strikes your stick, grab its end with the fingers of your left hand, slide your stick along theirs towards their fingers and pull their stick up and around your stick with your left hand. That will disarm your attacker and leave you holding their stick. Immediately strike the with one or both sticks and keep striking open parts of their body.

Edged weapons, knives

The use of edged weapons for self-defence requires extraordinary physical prowess achieved only with many years of advanced training. During the medieval times and renaissance many formal fencing schools trained their students with many hours of physical activities every day, such as walking on the hands up and down the stairs, carrying buckets of water with the hands stretched out or above the head, chopping wood, pulling rope and many others.

Criminal use of knives can be so quick, that a victim stands no chance to react, needless to say erect a defense. The criminals pass the knowledge of knife attacks from one to another and one of the most important tactics they use is concealment of the fact they possess a knife. A knife is very small object that can be easily concealed under the cloths, in the sleeve of a shirt, inside a palm or behind the limbs or body. At the same time knife wounds can be vast, releasing large volume of blood quickly, and very painful. Knives can be more dangerous than handguns in close quarter situations due to easy concealment and fast deployment. This is why banning handguns is a fallacy.

A knife is a tool and with some training and consideration it can be useful in providing for one's safety. To use a knife efficiently one has to train regularly in drawing a knife, unfolding (for the folding knives) and applying the blade to the attacker's body. That requires speed, strength and knowledge of the vital points where a blade would be most efficient in stopping an assault. At the same time you should be aware of the counter-knife techniques and avoid them being applied to you. An extra step of

unfolding, and the risk of injury from folding blade is an argument in favor of the fixed blade knives and daggers. The laws of many countries ban possession of the so-called switchblade knives, where unfolding and lockup of the blade is spring-assisted. These laws, like any weapon control law, disarm only the law abiding citizens. The criminals will still obtain or manufacture the switchblade knives illegally.

If you decide to carry a knife for self-defense, please remember to exercise your hands regularly. The following exercises constitute an absolute minimum:

- Warm up by shaking your hands with up and down motions with the palms open as if chopping.
- Shake them with the wrists bent at 90 degree angle towards each other.
- Clench your fists and make circles with them in both directions.
- Make circles with your arms bent in the elbow joints in both directions.
- Make circles with your hands in both directions.
- Grab the palm of one hand with another from the top, wrapping the thumb and index finger around the wrist and apply pressure to bend the wrist of the bottom hand towards yourself back and forth. Try to bend the wrist more every time.
- Put the palms together in front of your chest, bring the elbows up and push one palm against another to bend the other wrist back and forth. Do so with the fingers pointing up, forward, down and towards your chest. Try to bend the wrists more every time.
- Do the push-ups. Start with 10-20 and go up to 80-100 push ups in 2-3 years.
- Do the chin-ups on a high bar. Go from 1-3 chin-ups to 20-30 in 2-3 years.

Speed is the most important factor. A quick, decisive stabbing or slashing move can help disable larger, stronger or armed attackers. Most situations do not require killing or severely injuring an attacker, most often they just need to be repelled and forced to retreat. Thus quick slashing of skin on their hands or legs is preferred method of defense – it is painful, causes bleeding and scares them off, but does not kill or cause serious wounds. More dire situations, where attackers are armed and determined to hurt the victim, may require different techniques, such as slashing the face and neck, or stabbing the torso.

When fighting with a knife, hold it firmly with the blade pointing down from the pinky finger. Holding the blade from the thumb up exposes you to the counter-knife techniques. And here is the most well kept secret (just kidding) of all martial arts: RELAX! Relaxed move are quick, much quicker than those with flexed muscles. To relax your moves, you need to train with a punching bag or pad.

Hold your hand as if you are holding a ski pole. Clench your fist, turn it with the thumb towards your chest, relax and 'stab' the bag as quickly as possible and withdraw. Repeat that every couple of seconds for 10 times, then switch hands. Repeat that several times, then move on to 'slashing' the bag as if you were slashing attacker's hands or legs. Switching hands is the practice that the authors recommend for all martial arts, even though you might never have to use your weak hand. Just be prepared in case you have to! Besides using the punching bag you would need a training buddy, ideally your spouse or relative.

Defense against knife is very difficult. As mentioned earlier, knife attacks are very quick. The hand holding a knife can twist and turn and point the blade in all directions, thus making it a difficult target to grab and block safely. If you are facing an attacker armed with a knife, it is almost too late if they are close. In a situation where you do not have time to point a loaded and cocked gun at the knife

wielding attacker the safest is to run as fast as you can. If you see a knife and feel that it will be used – shoot or run. Fight only if you cannot run. One of the authors once witnessed a situation where a bus driver who confronted the fare evaders was presented with a knife and he was not assaulted only because he very quickly retreated into his cabin and armed himself with a steel rod. The assailants were not too determined to hurt him and walked away.

The knife defense consists of several recipes for the prescribed attacks. The most common is a stabbing attack to the stomach or chest from the down up where a knife is held with the blade from the thumb up. Block it with the arm on the same side (if attacked with the right hand – block with you left) just above the wrist and strike the attacker's elbow from below with the palm of your right hand. This way your left hand will be moving the knife away from your body, while your right hand will be breaking the elbow. To break the elbow you need to strike as quickly as you can, but remember to relax. Relaxed strike is much more powerful. As soon as the elbow is broken, use back of the left hand to strike the face and back of the right hand to strike solar plexus. This combination is efficient against stab to the torso.

Another common stab is the one recommended above. Defending against it is more difficult due to its speed and lots of power concentrated at the tip of the blade in this motion. Block your attacker's hand with the your opposite (if attacked with the right hand block with your right) just above the wrist, grab the arm with the fingers of your right hand, pull it to the right while lifting their elbow with your left hand. Spin your left foot back, make a turn and pull your attacker into the spin around your body to throw them face down onto the ground. If you succeed and your attacker falls, keep holding his arm and strike the back of his shoulder with the heel of your left foot as hard as you can to break his shoulder tendons.

28.5 Shooting sports and tactical shooting

Without doubt the most efficient means of self-defense are firearms, specially handguns. Easily concealable, compact, comfortable and safe, the modern handguns provide excellent security for their trained users.

Building your arsenal

Double action revolvers, semi-automatic handguns, pump action shotguns and semi-automatic rifles are four major classes of firearms that provide full range of security protections for individuals and families in virtually all situations. Every family should own at least one firearm in each of the mentioned classes, ideally one of each for every person that is competent and capable to use the firearms.

The self-defense weapons should be chosen using a set of criteria slightly different from that used for choosing recreational firearms.

- The firearms used for self-defense have to have excellent stopping power.
- Recoil and report should be minimal for accuracy and comfort in a stressful situation.
- The everyday concealed carry handguns have to be light, compact and safe to draw.
- The home defense shotgun or rifle has to be compact and have one or more accessory rails for installation of a reflex sight, flashlight or laser pointer.

Stopping power is different from penetration, flat trajectory or accuracy that the target guns are judged by. It means how quickly a bullet would incapacitate an assailant, even when not placed into

the vital organs. Normally larger caliber has better stopping power (unless the attackers are wearing body armor). For this purpose 9mm is better than 6.35 and 40S&W is better than 9mm, while 44 and 45 caliber is better than 40. And of course nothing beats the 12 gauge slugs!

Another consideration is report and recoil. Shooting a snappy handgun or loud rifle in the constraints of a house is a torture, with ears ringing from deafening muzzle blast. Also firing one round and hurting from that can reduce efficiently of self-defense to a point where gun becomes a burden. Obviously, 9mm pistol or 38 caliber revolver are more comfortable to shoot inside the buildings than 40S&W, 10mm or 44 Magnum. The 20 gauge shotguns recoil less and produce less of a blast than 12 gauge. And quite naturally, a 7.62x39 or 223 Remington rifle is not as loud as 30-06.

For a handgun look no further than the 2-4 inch revolvers in 357 Magnum caliber made by Colt, Ruger or Smith-Wesson. They are the most reliable, lightweight and compact handguns with excellent stopping power. Although report of 357 Magnum is deafening, you can fire 38 Special ammunition in them when inside, and 357 outside. There are several makes of aftermarket rubber grips for each of them that should be installed in place of the factory wooden grips for increased comfort, reduced recoil and to allow the use of speedloaders, which is often impossible with the factory grips. Pachmayr Presentation is one of excellent quality grips to consider for a revolver. It is a good idea to buy a handgun with ported barrel – the one with integral muzzle break – for reduced felt recoil.

CZ USA makes a lightweight, accurate and reliable semi-automatic rifle model 858 in 7.62x39 and 223 Remington caliber. That rifle comes with 4 of 30-round magazines and your choice of fixed or folding stock and barrel length of about 11.5 to 18 inches. There are aftermarket railed forends for CZ 858, such as Fab Defense, that provide Picattiny rails for installation of a reflex sight, flashlight and laser pointer. CZ 858 in a powerful 7.62x39 cambering or 223 is an economical alternative to AR-15 platform. VZ-858 would be considered SBR in the US, but there is an alternative - Russian made Saiga rifle that is tactically identical.

The authors prefer the pump shotguns over break action because they have observed countless times how small malfunction of the break action prevents further reloading, turning a shotgun into an expensive club. During our shooting career we saw several times how someone arrived at the trap range, fired one round and left, unable to shoot any more with a jammed break action shotgun. With the pump, all you need to do to fix a jammed action is to unscrew the barrel cap by hand and remove the barrel, while a break action shotgun may require tools or even gunsmith's involvement.

Remington model 870 pump action is the most versatile, reliable and affordable choice of self defense shotgun. Model 870 is essentially a platform (just like AR-15) on which one can build their own configuration of choice. The receiver and tubular magazine of Remington 870 allow for installation of different barrels – from the long 26-30 inch barrels used for hunting and shooting clays to the 15-18 inch tactical barrels. The receiver allows to install different buttstocks – fixed, folding or telescoping – or pistol grips, and sling swivel plates. The top of the receiver can be drilled and tapped for a scope base, or a scope can be installed onto a cantilever rail on a barrel. There is even a variant of model 870, made by a Canadian company Dominion Arms, that is fed from a 5-round detachable box magazine, which allows to reload the gun very quickly.

If you do not live in Canada, the magazine-fed Rem 870 clone might be not available to you and you find Valtro shotguns expensive. In this case it is a good idea to install a shell carrier accessory on your shotgun to have quick access to enough shells for 1-2 full tubular magazines, or at least a magazine extension (if your barrel length would allow). A shotshell belt worn around the waist or another carrier that you can wear across your chest is a good idea. Remember that if you are facing several intruders armed with semi-automatic pistols, each of whom has 10-15 rounds of ammunition in the magazines or even more, you can be outgunned even when you are armed with a 12ga shotgun but have no ability to reload quickly.

Having ample supply of ammunition for each of the firearms is a smart thing to do. Plan for complete

destruction of society as a result of war, acts of terror or natural disaster. Think of how many rounds you would have to fire from each of your defense firearms before situation normalizes.

Although planning for fighting an all out war sounds a bit extreme, plan on having at least the number of rounds that may be required to repeal several gangs of looters, to hunt and to scare off the predators.

Those numbers will vary depending on the area where you live and plan to stay in during the disaster.

The city core could present higher probability of looting, thus demanding more handgun and shotgun ammunition, while rural areas would need more rifle ammunition for hunting and predator protection.

Depending on your shooting skills, the following numbers may be used as guidelines:

- Have enough ammunition for 10 full loads for each of your handguns (cylinders of revolvers or magazines of pistols). That is 50-60 rounds of revolver ammo and 100-200 rounds of pistol ammo or 1-4 boxes.
- Have 20 full loads for each of your semi-automatic rifles. That is 300-400 rounds or 15-20 boxes.
- Have one full case of shotgun shells with #2-4 shot or #0 buckshot and 4 boxes of slugs for each of your shotguns.

You may be aware of the FBI crime statistics, showing that most defensive uses of firearms involve 1 or 2 shots from a victim. Rarely 3 and more shots are fired to end an assault. But as with all reports and statistics, they are not a guarantee of future performance and you might find yourself in a situation where you have to reload quickly.

It is a good idea to buy the speedloaders for the revolvers – the kind that releases the cartridges by way of pushing a button, such as Safariland COMP. The kind that has a twist knob is harder to operate under stress or with slippery hands (in the rain for example). Not all speedloaders work equally well in all revolvers even if they say on the packaging that they are for your type. The distance between the center of the cylinder and centers of the chambers is different among the different models of revolvers and that affects the ability of speedloaders to drop the cartridges into the chambers. For example, the HKS 29-M speedloaders work fine in Colt and Smith & Wesson, but do not work well in the Ruger revolvers.

Reloading ammunition

Ammunition is becoming more expensive as the prices of copper, lead and other commodities increase. With some basic tools one can re-use the brass cases to manufacture ammunition, using the factory bullets, powder and primers, or even cast their own bullets. After initial investment of \$100-\$200 into a press, dies, molds and some case conditioning tools, the cost of reloaded ammunition can be two times cheaper than at the local sports store. Even cheap 9mm handgun ammunition can be reloaded for half the price. Reloading the more expensive 44 Magnum, 45 ACP or 10mm ammunition, or rifle cartridges, is even more rewarding in monetary sense, but that is not all! Reloading own ammunition, one can develop the powder loads and bullet/powder/primer combination that provides superior accuracy or reduced recoil and muzzle jump not achievable with factory ammunition. The skilled reloaders can even tailor cartridges for summer or winter shooting conditions.

If the reader would like to research into and start reloading, there could be several approaches recommended. The shortest route would be to join one or several dedicated online forums and ask for advise from the forum members. Joining a shooting range and speaking with the range operator about reloading is another route. The range owners could be experienced reloaders themselves, or they might know other members who reload.

There are many books specifically about reloading. This chapter serves only as a starting point and provides some tips on how to start. Reloading is simultaneously an art and a science that can be studied all life. There is just too much information for it to be provided here. The reader is encouraged to do further reading on the matter: the component manufacturer manuals, reloading books, internet forums and blogs, everything that you can find from the reputable sources.

To get into reloading one would need the following tools and more can be purchased as the skills develop:

- Reloading press, made by Lee Precision, RCBS, Dhillon, Lyman or similar. A turret press allows to keep the dies on a turret and not have to install and adjust them every time.
- Full length sizing die, neck sizing collet die, mouth flaring, bullet seating and crimping dies for each of the calibers. Some calibers require some, but not all dies from this list.
- Priming tool. Priming on a press is easier, more reliable (it wastes fewer primers) and consistent.
- Case conditioning tools, such as case length gauge, cutter and lock stud, chamfer tool, primer pocket cleaner and reamer.
- Case lubricating pad, brush and lube (some pistol dies do not require case lube).
- Powder tools, such as electronic scale, funnel, spoons and cups. You can even get away with baking cups and spoons from a dollar store. The minimal set above can be expanded in the future as needed. When getting into reloading there will be some decisions that have to be made:
- Are you going to use factory bullets, or cast your own?
- What powder and primers work better for you?
- Do you like turret or single stage press?
- Priming with hand tool or on a press?
- To crimp or to use bullet jump?
- Whether to tumble-lube with Lee liquid alox, or to lube in a lubrisizer die on a press?
- To anneal the case necks or not?

The answers usually come with experience as the readers would try different combinations of brass, bullets, powder and primers and different tools and technologies. At some point the other questions will arise that are beyond the scope of this writing. Reloading is a science of its own, just like shooting.

There are several fundamental principles however that need to be mentioned.

First is to always consult several different sources of load data before loading any ammunition and working the load up or down from average. That would help to avoid mistakes due to typos and oversight, that could creep into any printed or electronic manual. Also it is a good idea to search the web and see what loads the others are shooting in the caliber of interest with your particular bullet and out of your firearm.

Second is to always inspect brass cases for length, cracks and primer pocket size (the effort it takes to prime the case has to be 'right') and to run the bullets through a sizing die, caliper or micrometer.

That ensures that your case neck will not get into the forcing cone, will not separate and the primer will hold pressure of the gases and the bullets will not get stuck in the bore. If re-using military-style brass with crimped primers, always ream or swage the primer pocket before priming. Be mindful of the

differences in American and communist block 7.62 bullets (NATO 7.62 is 0.308" while com-block 7.62 is 0.311").

Third is to completely focus on reloading process and develop the indicators of the correct execution of each step that you are comfortable with. The typical distraction errors include loading unprimed case; spilling powder when using powder-thru die after leaving the ram down; seating a bullet without powder charge; and the most dangerous mistake is double-loading powder. Double powder load is the major cause of handgun blowups. While the rifle cases are usually loaded to the top, many handgun calibers are only filled to $\frac{1}{4}$ with fast burning pistol powders.

Fourth is to use only the components of known and reliable origin. Surplus pulldown powder can be tempting, but it might be surplus for a reason, such as higher leftover acidity. The pulldown bullets are usually steel core steel jacket and would quickly deteriorate rifling. The unscrupulous dealers have sold the pulldown 50 BMG bullets that were armor-piercing incendiary tracers (API-T) with color codes removed. Using the incendiary bullets in some jurisdictions can be a criminal offense.

And the last, is to inspect your reloading tools periodically to make sure they are in good working condition, clean and lubricated where applicable.

Reloading ammunition involves several steps.

Case preparation

Case preparation consists of cleaning (usually by tumbling, but other cleaning methods exist, such as chemical, ultrasound and simple washing and wiping), sizing, depriming, primer pocket cleaning, trimming case length, chamfering or flaring the necks.

Vibration tumbler is probably the most widely used cleaning tool. It cleans the cases by tumbling them in the media made of corncob or nutshell granules. Adding a clothes drier sheet cut to 1x1" pieces to your media will help remove fine dust from the cases and make them shiny. There are different designs of the tumblers from the perspective of separating cases from media. Some have a drain hole with a rubber plug, others have embedded sieve. New media can clean the cases in 30-45 minutes, while older media requires 1-2 hours of tumbling or more. From the authors' experience the largest tumbler you can afford is the way to go, as it would allow you to clean even the large volumes of brass in relatively short time. You may acquire lots of range brass from the gunshows, ranges or by trading with friends and cleaning as soon as possible is a good idea.

Sizing

There are two methods of sizing: full length sizing and neck sizing. Full length sizing should be used once every 3-4 reloading cycles. Neck sizing should be used for the rest of the cycles. That schedule helps extend the case life sometimes to 10 cycles or more. Of course you should use the cases only in one particular firearm for this schedule to work. Full size the new cases to the specification, then firing them will shape them to match your firearm's chamber and the next 2-3 neck sizing cycles will simply compress the necks to hold the bullets tight. Full sizing requires lubrication in most cases with the exception of the short straight-wall pistol calibers and some carbide dies.

The sizing dies also de-prime the cases by removing the spent primers. First time reloading the military-style brass with crimped primer pockets requires the use of either primer pocket reamer or a swaging tool to remove the crimp and to allow priming the case again. This operation has to be performed only once. Primer pocket reamer is a hand tool, but if you own a metal lathe or a drill press with very low chuck speed, you can put the reamer in the chuck and hold the cartridges in your hands by the web while the reamer is spinning. Only very little material from the crimp has to be removed.

Primer pocket reamer will clean the primer pockets too. After the crimp has been removed, the pockets need to be cleaned with the proper tool in the following reloading cycles.

Case length grows with every firing primarily in the rifle calibers. Growth is greater in bottle-necked than in the straight-wall calibers. Each fired case has to be examined with a case length gauge and the excess has to be trimmed using a cutter. Usually both combine into the same tool which is inserted into the de-primed case until the pin of the gauge touches the base of a lock stud at the bottom of the case.

The cutter with the gauge is then spun by the fingers, cutting fine shavings from the case neck until the length is up to specification. Not trimming the cases creates a risk of neck material being pulled by the bullet into the rifling, creating a dangerous situation that can result in rupture of the barrel. It is very dangerous as the barrel and receiver can create deadly shrapnel or the barrel can split longitudinally and the segments would cut everything on their way.

While the pistol cases are normally flared in the expander/powder charge die, the rifle case necks are chamfered once to simplify bullet seating. Chamfer tool is spun by hand to create a slight bevel on the inside and even smaller on the outside of the case neck. That completes case preparation.

Priming

Priming is a process of installing and compressing a primer into the pocket on the case head. It can be a separate operation when performed with hand priming tool. It can be included in the sizing operation on a press as well. The authors find press priming easier and more consistent, it produces fewer cases with incompletely seated primers that may cause jams in the modern revolvers or dangerous out-of-battery ignition in the semi-automatic rifles.

Charging

Charging can be by weight or by volume. The small pistol calibers are usually charged by volume using the powders with small spherical granules or flakes that measure well. There are different methods of charging by volume: using spoons of different volume or special measures with a set of bushings. Those tools can be standalone or mounted on an expander die. The pistols lack the accuracy of the rifles and charging by volume produces quite acceptable results in terms of accuracy. The rifle calibers are normally charged by weight using mechanical or electronic scales, small cup and a funnel. The granules of extruded rifle powders sometimes weight up to 0.1 grain, thus 0.2 grain precision of the cheapest scale is enough for majority of shooters. Only few exceptional marksmen using state of the art rifles, optics and reloading tools can appreciate the difference in 0.1 grain, and even that could be nothing more than anecdotal evidence. Investing a few dollars into a cheap scale from the eBay would most likely guarantee you many years of satisfactory reloading until you come to a point where you want sub-MOA groups at 200 yards or more.

Bullet seating

Bullet seating is the last step in manufacturing a cartridge and this is a very important step. Every shooter can improve accuracy by experimenting with the cartridges overall length (OAL) at this point. Some rifles shoot better with a small bullet jump, while others like bullet touching the rifling. Some shoot better with crimped bullets. All that can be found only by way of trial and error. The ideal load for every barrel can be found by repeating the cycles of varying loads and varying OAL. Or you can simply follow the SAAMI specifications for the caliber and enjoy shooting. Bullet is a very important component of every aimed shot. There are many manufacturers of bullets who make fabulous and very successful products: Hornady, Barnes, Nosler, Speer, Swift, Woodleigh, Winchester, Remington,

Berger, Frontier and others. Depending on the purpose, there are full metal jacket (FMJ), soft-nose (softpoint), hollowpoint, partition bullets and a variety of jacketless lead alloy, copper, brass and even steel bullets on the market. Some manufacturers offer bullet making equipment that can be used to make your own jacketed or jacketless bullets, and of course there is always casting that only requires a pot and a mold.

Making your own bullets

Casting is by far the simplest method of bullet making. With only a pot and a mold you can turn lead wheel weights that you can buy from a local garage or scrapyards into accurate bullets². First we will have to sort the wheel weights and throw away the steel ones that stick to a magnet (notice that the spring that attaches the weight to the wheels is always steel – you need to test the weight itself).

There is a growing number of zinc weights on the market and those need to be separated as well. These can be used for other purposes, such as pyrotechnics. Once you have separated the lead weights, melt them into the ingots. That process will purify your alloy and get rid of most impurities such as coating, fragments of clips and other unwanted elements. Once you have a stockpile of ingots you can start casting bullets.

Many melting pots now have a thermostat to control the temperature of alloy. The authors found that ideal temperature is the lowest, that still allows you to continue casting non-stop after adding an ingot or two. Adding ingots may cause the temperature to drop too low so that lead no longer flows from the valve. Casting at high temperature produces the so-called frosted bullets, those that exhibit frost-like pattern. Some consider that esthetically unpleasing, but frosting helps the modern liquid lubricants to stick better to the surface. After some practice you will find the temperature and casting speed that works best for you. The authors like to cast at the highest speed possible to increase productivity.

Molds are precision tools that are expected to last many decades and still drop bullets up to the specification. They are sensitive to rapid cooling and can warp if cooled too fast. Also the molds should never hit any hard objects. If the bullets do not freely drop from the mold, the best way to release them is to try to close and re-open the mold again or push the bullet with the fingers of a hand wearing a rawhide work glove. Wearing rawhide gloves while casting not only helps avoid contact of the skin with lead, but helps to perform many actions with molds without using any tools, as rawhide is a good thermal insulator for short contact with hot objects.

To achieve higher hardness the bullets can be dropped into a bucket of water. This is usually not necessary when casting from the wheel weights, as their alloy is hard due to presence of antimony. But in some situations such as when pushing velocity to the limit, harder bullets can be a benefit. Letting the bullets cool in the air makes them softer, suitable for most applications.

Crimping gas checks – the shallow metal cups – on the tails of the cast bullets designed to accept them helps combat leading caused by high pressures and top velocities. Gas checks are usually crimped when the bullets pass the sizing dies upside down. You place a gas check on the special recess on the tail of the bullet designed for the use of gas check, then place the bullet upside down onto a press ram and drive it through the sizer. Some sizing dies also apply hard lube as the bullet passes through it.

Some lubes work better than the others and only experimenting with the different types of lubes can help you find which one works best.

The cast bullets have to be lubricated to avoid leading and improve accuracy. There are different types of lube: hard lube applied through the special dies as mentioned above, or liquid lube also known

²Melting lead alloys and handling lead is known to cause medical conditions including reproductive defects and cancer. If you are concerned about those conditions or want more information, please speak to a qualified medical practitioner – your family doctor can be one.

as tumble lube, that is applied by tumbling a handful of bullets in a bowl with a few drops of lube added. Liquid lube has to be allowed to dry up before the bullets can be seated. Hard lube is ready as soon as it is applied. There is another method of applying hard lube: the bullets are pushed back and forth on the surface of a block of lube so that it fills the lube groves, while turning a bullet a little bit every pass.

One can make their own hard lube. The common component of the lube is beeswax. It can be cut with engine oil, automatic transmission fluid, petroleum jelly and other lubricants. There are lots of recipes that work well and they can be found on the internet forums.

Paper patching is another very old method used for increasing accuracy and avoiding leading. The bullet is wrapped in several layers of paper before seating. Paper patch bullet has to be cast in a smaller diameter to accommodate the patch. Paper with longer cellulose fibers works best with this method.

28.6 Concealed carrying

There were many books written about concealed carry of handguns for personal safety. It is beyond the scope of this book to go into detail about carrying, thus this book will only touch on this subject.

Carrying a gun for self defense only makes sense when one can quickly draw, point, aim and discharge it in a situation that so requires. After seeing how rapidly situations can deteriorate and develop into armed confrontation resulting in a death or injury of the victim, the authors came to a conclusion that the only way to carry handgun is with a cartridges in chamber and with safety off, which might be illegal in some jurisdictions with pistols. The revolvers usually do not have that issue, thus carrying a compact revolver or two sounds like a more reliable way to protect one's life. Indeed, revolver is always chambered (there is no slide to rack), most of them do not have safeties and the shape of their frame and cylinder does not have any protruding parts such as safety, slide release and magazine release buttons.

In Canada for example, the Firearms Act and underlying regulations, as well as unlimited administrative powers of the provincial Chief Firearms Officers to revoke range licenses, has lead to enactment of many severe restrictions on the ability of people to train in the use of firearms. Virtually all ranges now have some sort of restrictions on shooting from a holster. On some ranges it is outright prohibited, while other ranges require anyone to belong to IPSC³ or IDPA⁴ federation and shoot from the holster in the IPSC or IDPA events only. Defensive use of firearms obviously requires multiple shots fired in quick succession and often at more than one target – so called rapid fire. Well, rapid fire has been banned on virtually all of the ranges that the authors are aware of. It is obvious that moving with a loaded firearm is absolutely necessary for self defense to take cover or to dodge. Many ranges do not allow the shooters to lift even one foot from the ground while holding a loaded firearm. Some ranges ban the human face and human body targets.

What was said above about the combat martial arts also applies to the tactical shooting. While the terrorists train with fully automatic firearms, hand grenades and grenade launchers, realistic full body targets and in the buildings or around the vehicles, we are sitting ducks, restricted to the bulls eye target, bench and firing single shots every few seconds under our range rules. The government bureaucracy fully understand that population trained in the use of firearms is no longer easy to control and push around, and they eliminate the opportunity to train by regulation. This is illegal, as everyone has a right to train and educate themselves. The regulations prohibiting training and education are unconstitutional, but unlimited administrative power of the police ensures that the range owners will submit to any rules for fear of revocation of their range license.

³International Practical Shooting Competition

⁴International Defensive Pistol Association

So how can you train in defensive use of the firearms if you are not allowed to model the real world situations? Buy a pellet pistol or airsoft and train inside your home. Even simple dry firing helps build skills. Just remember that rimfire guns should not be dry fired – that damages their firing pins when those strike the barrel instead of cartridge rim. Go to the range to train in the use of your particular carry gun – using the sights, controlling recoil, returning to the point of aim. But the rest – drawing, walking around, changing targets, kneeling, taking cover – should be done with a pellet gun at home where no one can forbid you. You have a right to life and safety and you have to use it.

Concealed carrying only makes sense when one can draw the gun quickly. This is difficult without a good holster. Many situations require an inside the wasteband (IWTB) holster. If you have to carry under a tucked shirt, you will have to use that type of holster. Choose one that has closed belt loops as any other kinds will eventually come lose and cause issues such as dropping your holstered handgun into the pants or worse on the floor. Concealed handgun has to remain concealed at all times.

Moving with a firearm feels absolutely different than shooting from a bench or from standing position. Try to fire a couple shots, then drop on one knee and fire two more, than stand up and fire two more. First time you do that your heart rate will go up, you may blush and feel your heart pounding or head spinning. This is a result of unusual stressful situation, so you need to repeat that over and over and get used to that. After learning to kneel and get up, you can graduate to strafing and taking cover.

Always do it first with unloaded firearm and just dry fire. Only when you are comfortable, you can practice with snap caps or dummy rounds, then graduate to live ammunition.

Chapter 29

Explosives and chemical weapons basics

Just 50 years ago almost every farmer, trapper, builder and many rural residents had sticks of dynamite and TNT in their barns. Dynamite was used millions of times to uproot trees, open up beaver dams, clear road blocking rocks or fallen trees etc. The vast majority of jurisdictions in the Western countries now treat manufacturing and using the explosives by individuals as crimes. Some of them have exceptions for laboratory use of small amounts of explosives for the scientific purposes. Strict licensing has been established for the manufacturing and using the explosives, including pyrotechnics such as consumer firecrackers, roman candles or fountains. Chemistry course has been removed from high school curriculum or reduced to only little information and a couple of experiments. The change was made on the premises that first criminals, then terrorists could use easy access to the explosives to commit crimes.

Nothing could be further from truth. As with many other encroachments of the big government into the domain of human rights, it is the other way around with the explosives. The terrorists came here first, then they started using explosives. Not the explosives caused terror, but presence of the people espousing terrorist ideologies. Gradually everything that is even remotely connected to the explosives has been legislated out: first the explosives themselves, then the substances used for manufacturing the explosives have been pronounced 'precursors' and legislated out. At present we cannot even buy a bag of ammonium or potassium nitrate for our peach trees or exotic flowers out of fear that the terrorists would use ammonium nitrate for an improvised explosive device. As usual, it is not occurring to the government, that legislating out terrorism is not possible as long as the terrorists are still here.

So we know that as long as there is significant and growing segment of population, who are following terrorist ideologies, there is a risk that they will use explosives for the acts of terror against us. Being ignorant about the explosives in this situation is dangerous for ourselves. We need to know what our enemies know or more. As muslim population grows in the West, we can be certain that at some point they will start using explosives to terrorize us here in our own countries. The US already suffered a loss of thousands lives in an explosion of two airplanes that hit twin towers on Manhattan island. Canada already thwarted a plot to blow up a truckload of ammonium nitrate in front of the parliament and shoot members of parliament with assault rifles. Series of explosions killed dozens in France.

Instead of being sitting ducks, you should learn how to make and use explosives to leverage the threat we are facing.

29.1 Common explosives

In this crash course on explosives you will learn what major types of explosives exist, what each of them is used for, how to use them safely and efficiently and how to make them. The critics might counter that

this book may fall into the wrong hands, effectively teaching our enemies about explosives. But looking into the face of reality, we have to admit, that by now the terrorists already know much about that topic. They have the internet video sharing sites full of terrorist instructional videos, internet forums in the foreign languages teaching them how to make explosives and build an improvised explosive device (IED), and local religious institutions facilitating contacts and dissemination of information right here in our countries. It is only us who are unfamiliar with making and using the explosives.

There are two major classes of explosive substances: the highly sensitive initiating explosives, and relatively low sensitive base explosives. The initiating explosives are typically used in very small quantities to touch off the large quantity of base explosive. In some situations a third intermediate charge of small amount of intermediate explosive is used. The intermediate explosives have properties in between of the initiating and base explosives: they are less sensitive than initiating, but more sensitive than base.

Generally, the initiating explosives are of shattering type. They shatter things rather than producing large volume of flames. For example, lead azide and mercury fulminate are typical initiating explosives. The shattering effect of initiating explosives is what makes them efficient in initiating a charge of base explosives. The base explosives in turn can be shattering or pushing type or a combination of both. For example, dynamite is a typical shattering explosive, whereas TNT is a typical pushing explosive.

29.2 Lab safety

Generally, conducting chemical experiments is a risky business. One should only attempt to conduct the reactions that are described in reliable publications and only with high quality reagents. Experimenting with unknown substances or reactions should be performed by or under the supervision of qualified chemist, familiar with the reagents used and experienced in the type of the reaction being performed.

Never mix together unknown chemicals other than in very small quantities for the purpose of analyzing them.

Every experimenting chemist should invest in the proper safety equipment for protection of vision, hearing, skin and body from corrosive substances, heat, shrapnel and falling objects.

Fume hood protects your lungs and property against corrosive and noxious vapors and gases. It can be built of sheets of plywood, plastic, aluminum or tin as long as the fan is strong enough to ensure flow of air through the hood and out of the vent at all times. Duct tape can always be used to seal the cracks.

Goggles or full face shield or both should be used when experimenting with explosives for protecting the eyes from flying shrapnel created by explosion in lab glassware. They will not protect against explosion of significant quantities though – only against small quantities.

Earplugs or earmuffs protect the ears from blast. Hearing and vision are two senses that suffer most from accidental explosions and should be protected at all times. Always have a handful of single-use foam earplugs in the pockets of your gown, or have earmuffs around your neck when not used. The re-usable earplugs on a string is a convenient alternative to the foam plugs.

Skin protection is important when dealing with corrosive substances and heat. Remember that hot liquids can melt some gloves and aprons! When using corrosive liquids at room temperature, you can use latex or PET gloves, but when dealing with hot liquids, it is a good idea to put on one or two sets of silicone gloves. For the same reason a PET apron can save you from splashes of cold acid, but hot acid would melt holes in it. Use silicone sheet instead. You can rivet or staple a sheet of silicone on top of a regular fabric apron. Wear rubber boots when working with significant amounts of corrosive liquids. Always test your safety equipment to see if it will withstand the conditions of experiment gone South!

Never handle explosives with your bare hands. A tiny granule of initiating explosive going off in your fingers can blow away skin and tissue to the bones. Always use tweezers, spoons, trays and other work holding equipment to keep explosive as far away from your body as possible. Remember, that the blast force decreases at 2nd power of the distance. Every inch between you and explosive makes you safer than the previous inch.

Fire protection has to be considered for the circumstances of the experiment you are conducting.

There are different fires in terms of the ways to extinguish them. Different fires require different fire extinguishers: powder, CO₂, foam, water or sand. Always know the nature of the chemicals you are experimenting with and have appropriate fire extinguisher, bucket of sand with a scoop or pail of water with a cup close by.

As always remember to have first aid on hand to treat burns, cuts and scratches.

29.3 Basic chemicals and lab equipment

Many home chemical experiments can be performed with very basic equipment, such as water bottles, plastic cups, single-use cutlery, camp stove and such, but investing into proper lab equipment will open a whole world of opportunities. And you will still need many household items such as sieves, tools, wax paper, aluminum foil etc.

Many experiments will require condensers, taper flasks, lab stands, adapters, vacuum pump and other equipment that is hard to substitute with improvised means. When choosing glassware, try to stick to the same taper size to keep it simple, 24/40 being the most versatile.

The very basic equipment list should include:

1. Few dozen test tubes, perhaps 2-3 sizes from small 150x15mm to 250x25mm with a few stoppers (you do not need stoppers for all tubes, just enough for those you work with)
2. Set of beakers from 50ml to 1,000-2,000ml
3. Few Erlenmeyer flasks from 250ml to 1000ml and few round flat bottom flasks with stoppers
4. 250ml and 1000ml 3-neck round bottom flasks with 24/40 taper
5. Erlenmeyer flask with 24/40 taper, 1000ml
6. Liebig, Allihn and Graham condensers, 250 and 500mm long.
7. Graduated cylinders
8. Evaporating dishes
9. Funnels
10. 500ml filtering flask and 500ml funnel with fritted glass disk for vacuum filtering, large buffer bottle (1-4gal)
11. Set of hydrometers from 0.4 to 1.9 density
12. Electric pumps working from 12v DC for pumping liquids around
13. Lab stands with various clamps
14. Burners

15. Hotplate stirrer
16. Glass tubes for joining apparatus etc
17. Latex and silicone hoses
18. Hose adapters
19. Thermometers from -30°C to 350°C or thermocouple to 500-1200°C
20. Lab bench and cabinets for storing your equipment
21. Egg minder

This basic set can be expanded on as needed basis as you gain more experience in chemistry and move on to more complex reactions and experiments.

29.4 Improvised explosives

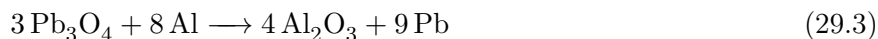
When the authors were young, explosions were fun. The kids had high degree of freedom to roam the fields, bush and the abandoned pit mines. Of course we tried to source and blow up any explosive we could concoct or get a hold of: 22 caliber cases that we pulled bullets out of, starter pistol cups, nail gun rounds etc. Of course we made our own out of match heads and nitrocellulose too. That gives you an idea, that there are actually lots of explosives or their components around us. We just need to realize that and learn to find them.

The simplest explosive is a mix of combustible gas with air. Our chemistry teacher demonstrated explosion of hydrogen-oxygen mix in a tin can to our class. The tin can jumped and hit the ceiling with a loud pop when he put a burning match through a hole at the bottom of the tin can. You can use that or put some propane from a lighter into a 4 inch by 4 inch Ziploc bag that already has some air in it and light it up. You will hear a loud boom. That was the first bomb that you have just built. Congratulations! But you immediately realized the disadvantages of gas-air mix explosives: it is their large volume. The same size stick of TNT would have not only given you a much louder boom, it would have blown you to pieces at the same distance. However, the volume that gas-air mix takes to produce significant explosion can be useful: a building, filled with natural gas mixed with air, turns into a formidable explosive device.

Propane can be mixed with oxygen in liquid state. Pumping oxygen into a $1/4$ full propane tank and installing a primer on the gas port produces a powerful bomb.

Another powerful bomb is a drum with a bit of gasoline at the bottom. Gasoline vapors mixed with air explode when ignited. A drum full of gasoline vapors can destroy a small building. It can be set off with an electric spark.

Thermite is a very simple explosive, when composed of fine aluminum powder and iron (III) oxide, manganese dioxide, chromium (III) oxide or lead tetroxide powders.

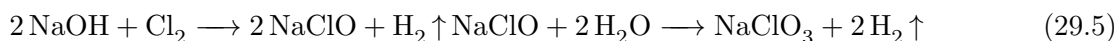
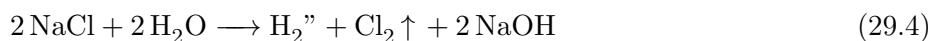


Common industrial thermite is made of coarse particles, it burns instead of exploding and is very hard to ignite. On the contrary, the mix of fine powders explodes very easily from regular flame or a small black powder primer. Exploding thermite produces very hot flames that are very incendiary.

It can be mixed with fuel to produce napalm. A combination of thermite filled pipe inserted into an airtight container with fuel creates a very powerful bomb as thermite boils fuel when it burns inside the pipe put into the container, and the vapours break the container and ignite from the heat of the pipe, producing large fireball.

The next bit more complicated explosive could be so called cheddite. It is a mixture of 90% potassium chlorate with 10% mineral oil, or 7% paraffin and 3% petroleum jelly. Potassium chlorate can be produced by electrolysis of potassium chloride. Potassium chloride crystals are used in water softeners. Sodium chloride, which is much easier to obtain, can be used instead to produce sodium chlorate. Both potassium and sodium chlorate can be used to make cheddite.

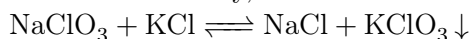
Electrolysis of chlorides for production of chlorates ideally requires platinum or lead oxide anodes, as atomic chlorine gas quickly destroys all other materials. But one can still get away with using graphite electrodes and just put up with changing them every once in a while as they are cheap. Stainless steel works fine for a cathode, a spoon would do or you can perform electrolysis in a stainless pot. 3-5V of DC can be provided by a computer power supply. Keep the reactor cool and the electrodes will last longer.



Chlorine gas Cl_2 is released during the electrolysis of chlorides. Proper ventilation is required by working under fume hood or outside. Chlorine is dangerous and it can be deadly in high concentration. Avoid inhaling chlorine! Alternatively you can collect chlorine, see below for more information.

The end result of electrolysis of sodium chloride is a solution of sodium chlorate and sodium chloride. They can be separated by crystallizing from concentrated hot solution, as solubility of chlorate is way lower at room temperature, but rises quickly at higher temperature. At the same time solubility of sodium chloride remains about the same. Boil the solution to the point where the first crystals of chlorate start forming, then let it cool down. Sodium chlorate crystals will precipitate and can be separated. Dissolve them in boiling water and let cool off to achieve higher purity of chlorate.

Sodium chlorate is hygroscopic and is only good for production of cheddite. But it also can be effectively used to produce potassium chlorate by exchange reaction with potassium chloride (which in turn has low solubility, thus cannot be easily produced by electrolysis).



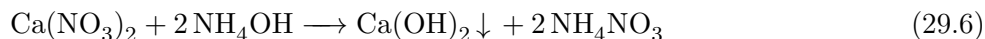
Potassium chlorate is not hygroscopic and that makes it more versatile oxygen donor than sodium chlorate. It can be used in a variety of pyrotechnics. Direct production of potassium chlorate by electrolysis is also possible, but very low solubility of potassium chloride and chlorate make that rather difficult and longer process.

Ammonium nitrate is a weaker explosive, but its availability as fertilizer made it an economical substitute for the more expensive stronger explosives. It is an oxygen donor and stronger explosives can be produced by mixing it with fuels, such as wood dust, fuel oils or aluminum powder. The latest anti-terror legislation adopted in most jurisdictions around the Western world has efficiently banned the sale of concentrated ammonium nitrate to the individuals¹. Most garden supply stores now carry

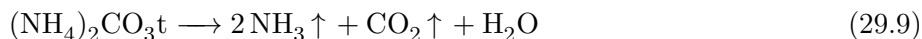
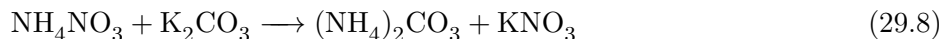
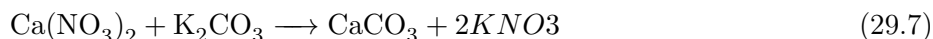
¹Notice that there is no anti-terror legislation in the countries that produced most of the terrorists. The terrorists are not deterred by anti-terror legislation.

a mix 70-80% of calcium nitrate with 20-30% ammonium nitrate. That fertilizer can be used in two ways: to produce potassium nitrate for use in black or flash powder and other reactions, or to produce pure ammonium nitrate. We will review production of potassium nitrate later when we will talk about black powder and production of nitric acid. Here we will talk about making pure ammonium nitrate from calcium/ammonium nitrate fertilizer.

When liquid concentrated ammonia is mixed with concentrated solution of calcium/ammonium nitrate, calcium hydroxide will precipitate, and solution will contain pure ammonium nitrate.



Filter out calcium hydroxide, wash it several times with distilled water to extract remaining ammonium nitrate solution and discard or leave for other experiments. Calcium hydroxide is corrosive so be careful handling it. It also quickly solidifies by absorbing CO_2 from the air and turns into solid limestone. Collect the solution and evaporate it. You now have crystals of pure ammonium nitrate. They can be used to make ammonium nitrate and fuel oil explosive (ANFO). Another use of calcium/ammonium fertilizer is for production of potassium nitrate. That requires a salt that will react with both calcium nitrate and ammonium nitrate and produce potassium nitrate – potash.



Calcium carbonate will precipitate while ammonia and carbon dioxide will be released in gaseous form and potassium nitrate will remain in the solution. Boil the solution to remove the dissolved ammonia and carbon dioxide, then filter and evaporate the solution. Due to the release of toxic and smelly ammonia, this reaction should be performed outside or under a fume hood. As with all exchange reactions, the solution should be boiled to allow all molecules to have a chance to react. More CaCO_3 will precipitate during boiling. Let the solution cool down and separate clean solution from chalk precipitate by decantation. It is much easier to use a small electric pump to pump water into another container than to pour it off or filter out calcium carbonate precipitate (chalk powder).

The solution of KNO_3 , free from ammonia and chalk powder, has to be evaporated in stages. Only evaporate enough water for a handful of crystals to form at the bottom at a time. Collect the crystals with a small sieve and repeat evaporation. This way you will be collecting the most clean crystals until remaining 10% of solution turn deep yellow (it will be looking like beer due to organic contaminants).

Evaporate yellow solution until the crystal begin to form on the surface and let it cool. The last portion of KNO_3 should not be used in reactions. It can be used to make fuses.

The crystals of KNO_3 that you so far collected need to be heated at just above 100°C to remove crystalline water. They will turn into what looks like popcorn and stick to the container. Store them in an airtight jar.

The main use of potassium nitrate is of course for production of black powder, which is a mix of 75% potassium nitrate, 10% sulfur and 15% charcoal. Charcoal for BBQ is not good for making of black powder as it contains clay. You should make your own by heating hardwood sticks in a steel bucket inside the flames of a bonfire. Alternatively you can use activated charcoal from a pharmacy, but it will be very expensive. All components for mixing of black powder have to be ground into fine powders in a ball mill. If your sulfur is already fine powder as feed sulfur usually is, you may not have to grind it. The mixture should be slightly dampened by adding 50% water and alcohol solution, thoroughly

kneaded and rubbed through a sieve into small granules. After the granules dry up, black powder is ready. Alternatively, thin layers of damp mixture can be spread over the disks made of plastic bags and compressed with hydraulic jack in a pipe of the same inside diameter as the disks. So compressed mixture is then removed from the pipe and allowed to dry. The dry tablets should be about 0.1" thick. Separate them from the disks and crumble into small flakes. They can be cut into $1/16$ inch squares with pizza cutter while still somewhat moist.

This is a 'burning' type of powder that can be used in firearms up to cannons depending on the granule size. There is another type of black powder – the 'exploding' type. It can be produced by adding 45% of potassium nitrate in saturated solution to 45% of charcoal. This mixture should be evaporated while stirring and ground to a powder, then slightly dampened, mixed with 10% sulfur and granulated by rubbing through a sieve. Now that you have potassium nitrate you can also produce your own concentrated nitric acid that you might need for production of high explosives. You will need concentrated sulfuric acid and apparatus for distillation of nitric acid.



The best apparatus is a 1,000ml round bottom flask (RBF) with Liebig condenser connected via 24/40 tapers with a 500ml RBF as a receiver connected to a condenser with an adapter that has vacuum connection. Mix dry potassium nitrate with double quantity of concentrated sulfuric acid in a 1000ml RBF. Double quantity is required to absorb any water resulting from breakup of HNO_3 . Attach the condenser with receiving RBF and pull the vacuum. Heat up RBF with electric or propane burner.

Vacuum is useful while distilling as it will distill at much lower temperature due to lower boiling point of nitric acid under vacuum. Discard the first few milliliters of distilled nitric acid (or mark it as 50% and keep it for other reactions) and collect the rest of concentrated acid until temperature in the source RBF will start rising above 100°C with vacuum or 200°C without. Stop heating and release vacuum. You have collected 95-98% nitric acid in the receiving RBF, which is good for most nitration reactions.

One of the first uses of the synthesized nitric acid can be production of picric acid, or trinitrophenol. Dissolve 20 parts of phenol in 30 parts of alcohol, then add 100 parts of concentrated nitric acid (by weight) and stir thoroughly. Pour the mix into hot water. The crystals of picric acid will precipitate after water cools down.

Other high explosives can be produced from concentrated nitric acid, for example hexogene, octogene, trinitrotoluene (TNT), trinitropentaerythritol, trinitroxylene, trinitronaphtalene and many others.

28.5 IEDs and EFPs

It is not enough to manufacture explosives – they need to be packaged and delivered to produce desired effect. Shaped and packaged explosives are referred to as improvised explosive devices (IED).

To manufacture an efficient IED you have to match the attributes of the target and explosive. The most important aspect of making IEDs is to remember, that force of explosion is greatest in the direction from the center of explosive charge towards the nearest surface, or in other words it is in the direction of the shortest dimension.

If a diameter of cylindrical charge is less than its length, then the maximum force will be radial – the greatest damage will be doughnut shaped at 90° to the axis. That is what the missiles, bombs and mortar rounds as well as above-the-ground anti-personnel mines are shaped like. Otherwise it will be axial – 8-shaped along the axis. This is what the buried anti-tank mines look like.

Another consideration is that if a charge has a heavier and harder obstacle on one side, then force of the explosion will be greater on the other side. It means that you can shape the explosion into directional simply by placing explosive into a stainless steel frying pan.

When the purpose of explosion is to cause terror, but not to kill anyone, then it would be sufficient to package pushing explosive into a plastic bottle and fit a detonator to it. Increasing the killing power requires additional measures: packaging the explosive into a stiff, but frangible container, lined with small metal object that will serve as shrapnel. A stiff container will contain initial moments of explosion and allow it to gain higher pressure. Then when the container will finally break a container, it will propel the shrapnel at higher velocity. The popular stainless steel water bottles are ideal containers for small IEDs, while lead buckshot, ball bearings and even small nuts and screws would work fine as shrapnel.

If your target is a fortified building or vehicle, you might need the power of explosively formed projectile (EFP). EFP acts like a bullet moving at much higher speed than one fired out of a firearm.

While a typical bullet from a handgun attains velocity of 400-900 feet per second, and 2000-3000 feet per second from a rifle, EFP can move at up to 7000-20,000 feet per second. That velocity combined with larger mass creates devastating penetrating effect.

To create an EFP you should package explosive into a heavy and strong cup (medium to high carbon steel or stainless steel), fitted with a funnel (liner) pointing inside made of heavy, but softer material (soft steel, brass or copper). The explosion will be contained for a moment in the cup, then compact

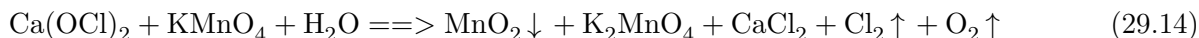
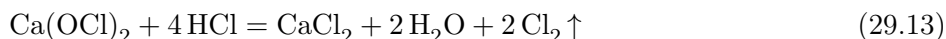
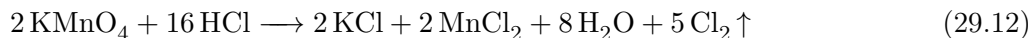
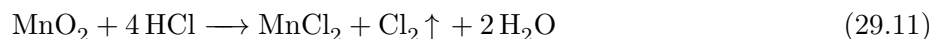
the funnel and propel it out of the cup. To increase the compacting (focusing) effect of the cup, covered with a funnel, you can fit another funnel on top of the cup, pointing outside. That other funnel will further focus the EFP material into a projectile.

29.5 Chemical weapons

The chemical reactions below are very dangerous and require practical chemistry skill and use of proper laboratory and safety equipment. They should be conducted only with all possible care taken to prevent the poisonous gases from escaping and causing death or injury.

The easiest to manufacture poison gases are also the most deadly. Chlorine and phosgene are most famous among them.

Chlorine can be produced by reacting hydrochloric acid with calcium hypochlorite (the most efficient reaction), magnesium dioxide, potassium permanganate or by reacting moist calcium hypochlorite with moist potassium permanganate. But storing chlorine is not an easy task. Chlorine can be liquefied at room temperature under pressure of over 100psi, which requires metal cylinder and compressor. Chlorine must be absolutely dry for storage as moist chlorine reacts easily with many metals. In reality chlorine can only be practically used if produced immediately in the target building unless you are comfortable drying and compressing chlorine into cylinders. Chlorine can be dried by passing it through series of drying flasks with 98% concentrated sulphuric acid.



Phosgene can be produced by reacting tetrachlorocarbon with oleum – concentrated sulphuric acid with addition of at least 30% SO₃ – and liquefying resulting phosgene at the temperature below 8.2°C.

Working with phosgene is extremely dangerous due to its deadly toxicity. All work has to be conducted under fume hood while wearing a gas mask.

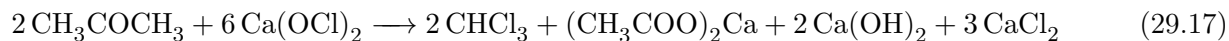


First pour tetrachlorocarbon into a 500ml RBF with 24/40 taper and attach vertical Allihn condenser with 3-way 105° adapter and addition funnel with 80% oleum by SO₃. The output of 3-way adapter connects with another 75° adapter and 250ml 2 or 3-neck RBF cooled with ice/salt mixture. Heat up tetrachlorocarbon on water bath to the boiling point and start adding drops of oleum over 1-2 hours.

Phosgene in liquid form will be collected in the receiving RBF cooled down with a mix of ice and salt water. Gaseous phosgene can be neutralized with alkali solution (NaOH, KOH). Sulphuril chloride will hydrolyze in water into HCl and H₂SO₄.

Simple chemical weapon can be made with just concentrated hydrochloric or acetic acid (or both). If brought to the boiling point, HCl and CH₃COOH vapors are extremely noxious and irritate pulmonary tract. A thermite charge burning inside a container with acids, causing them to boil and blow up the container is an efficient chemical bomb.

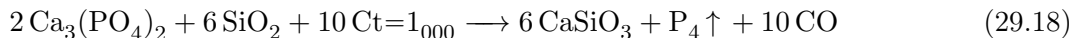
Chloroform can be useful for temporarily disabling the enemies. It can be produced by heating ethyl alcohol or acetone in a sodium hypochlorite solution or by dampening calcium hypochlorite with water and either of those liquids and distilling the resulting chloroform. The first method is simpler, as chloroform will collect into blobs at the bottom of reaction flask and can be extracted with a syringe or pipette.



Remember that chlorine bleach contains only 1-3% of NaOCl. Concentration of sodium hypochlorite in a chlorine bleach can be increased for the above reaction by repeated freezing and thawing in a 2l pop bottle. That will eventually separate concentrated solution at the bottom from ice at the top. Drain the solution and use it in the reaction.

Long-term storage of chloroform creates a risk of poisoning with phosgene. Chloroform decomposes into phosgene at room temperature in presence of atmospheric oxygen and light. To prevent decomposition, store chloroform in a refrigerator, in dark glass bottles filled to the top and sealed airtight.

White phosphors can be obtained from the phosphates contained in fertilizer. Heating phosphate with silicon oxide and charcoal to 1000°C inside airtight stainless steel or porcelain container, fitted with a bent pipe, one end of which is inserted into a flask of water will collect white phosphors vapors, which will condense into solid chunks of white phosphors under water.



In order to granulate white phosphors you can bring water in the flask to a boiling point and shake it, then let it cool. Granulated white phosphors can be loaded into copper tubes, sealed airtight by soldering and used to load the improvised explosive devices (IEDs). Or it can be packed into glass tubes and fitted with a thermite charge to create a powerful incendiary device.

Chapter 30

Hobbies and self-sustaining

30.1 Savings and investments

With most of this world deeply in debt how can we talk about savings? Well, the authors can demonstrate how tightening the belt for a while can turn the tables on indebtedness and move your balance away from the red.

Without doubt the major source of debt in the West is mortgage. The mortgage payments can range from the minimal payment where they are covering little bit of principal, but mostly interest.

Some financial institutions offer flexibility in the payment amounts, for example you can be allowed to make up to double by-weekly payments plus any amount at the annual renewal that goes directly against principal. This is the quickest way out of debt: lower the principal as much as you can. By controlling expenses, turning off unnecessary services, quitting smoking and drinking one can save significant amounts as demonstrated earlier and use the funds to pay off the mortgage quicker.

Mortgage is a relatively low-interest debt. The credit card balance carried over grace period is on the contrary very high-interest. Although credit card is a very convenient form of payment, this is where the financial institutions get your money – on the interest of about 20% annually applied monthly.

Compound interest makes it even more. To avoid paying interest and carrying balance, all you need to do is to accumulate an amount in your chequing account that is about 50% more than your typical monthly balance. If you put \$2,000-3,000 a month on a credit card then accumulate \$3,000-4,500 and make it a policy to never let your chequing account balance drop below that value. At the end of the month pay your credit card balance off. The credit card company is still making money on the charges to the vendors, but you are not paying any more interest. Having a \$3,000-4,000 buffer brings unbelievable financial freedom and liberates your mind from the chains of debt, allowing to concentrate on family, work and other important issues.

Getting out of debt is very refreshing, as it opens whole new world of opportunities. The funds previously used to pay interest can be now used to make savings and investments, growing themselves.

Investing is not a simple task. Most investments have been specifically designed to rid investors of their hard earned money and line the pockets of financial industry. Such is the stock and futures market. The only consistently winning party is the exchange, as they set the rules and charge everyone trading a fee regardless of the markets crashing or soaring. The other party that is mostly winning is a broker, who charges trader commission regardless of whether this is a winning or a losing trade. Sometimes brokers loose too, but they mostly win on commission and so-called slippage.

Slippage is a difference between order price and execution price. The brokers more often than not know the situation on the exchange floor and have an opportunity to buy at a lower price to sell to the trader at a higher price, or vice versa. This type of intentional slippage is called front-running. There is

also unintended slippage caused by delay between submitting an order and its execution as the markets move and other orders are being filled. The brokers can have their hands full and just unable to fulfill the order as the trader wants. The exchange and the brokers still make money even if slippage is erasing the profit or creating the loss for a trader. Trading should be only used for long term investment into stocks, or to buy futures for hedging. The short term speculation is too risky for small investor who does not have inside market knowledge.

Trading is like driving on a highway in traffic. You want to get from point A to point B – this is your intended direction – growth. You want to get there as fast as legally possible – that is your rate of return. But you face several obstacles:

1. Other drivers on the road want to get from point A to point B too. They drive at varying speeds, speed up, slow down and change lanes as they go – that is buying and selling. Some of them follow the law and drive not exceeding the speed limit, showing the turn signals and leaving space between the vehicles – that is an ordinary trader. Others drive at high speed, clip other drivers, make dangerous moves, tailgate etc – those are the traders with insider information who ignore the law.
2. There are tractor-trailers on the road as well – those are huge institutional traders, who put big orders and keep their positions for the long periods of time. Their orders get filled on a priority basis due to their high-volume VIP agreements with the brokers. When you are driving along one of the 18-wheelers, you cannot change lanes until they pass, or you have to accelerate above speed limit and clip them. Then you might attract attention of police and get pulled over. But when the trucks want to change lanes, you would have to yield due to their size. Same happens in the market. You can be waiting for your order to be filled watching in disbelief how the ticks are occurring all around your stop order's price, but yours is still pending. That happens when the big orders from institutional investors are keeping the brokers busy. Suddenly volume drops and price moves to a different level, making your order losing or unfillable.
3. There are solid lines that you are not allowed to cross. Those are various regulations that most traders are supposed to abide by. But there are still lots of drivers on the road who would change lanes even across the solid lines. Same happens in the market.
4. Every once in a while you might see motorcades with the flashing lights accompanied by police. They want you to switch lanes or pull over and wait until they pass. The government can order the markets to close, or default on the bonds etc and all the traders will be affected, except those who closed position upon receiving insider tips.

Try to think of trading next time you are driving in traffic and compare what you know about stock and futures exchange to what you observe. You will be amazed by the similarities. Observe how it is the best to just stay in one lane in slow moving traffic instead of making frequent lane changes. As soon as one lane starts moving better and you are tempted to change, notice how everyone starts changing lanes, that lane slows down, but your lane is now moving quicker. Notice some vehicles and try to find them when the traffic eventually begins to move – you will notice that the difference in arriving to point B for all drivers is very minimal – often just a few seconds, but changing lanes is risky and exhausting. The authors strongly believe that everyone should do what they are trained for or most experienced with. Trading is a very complex occupation that requires knowledge, experience, skill and lots of energy. It is best left to the professional investors.

There are no investments without risk. Investing into any kind of commodity or contract bears certain risk, be it real estate, stamp collection, savings account or government bonds. The least risky investments also offer lowest interest. The highest interest is always offered by the most risky ones.

There are two kinds of investments as regards to the amount of initial investment: those where initial investment amount remains constant and any interest adds on top of that. The savings accounts and bonds belong here.

Another kind of investments are those where initial amount may change. Those are stocks, futures, options and some other forms. If the price moves against the investor, they may not be able to get their money back. Someone would pocket their cash and leave the investors holding the bucket.

Try to invest in the least risky investments that pay interest above the inflation rate and where initial amount is not changing. That way you can concentrate on your main job and let the financial institution take care of your money.

30.2 Crafts and repairs in the household

Being handy saves a lot of money. One of the authors was quoted \$50 for a window repair company visit plus \$50 in parts that would be required to fix a broken window operator. The author bought an operator over the Internet instead and installed it himself with the total bill of \$28 only. Those \$72 can be better spent on the more pressing needs.

The best approach is to never rush to get things fixed for cosmetics. Take your time and do research, learn the terminology in the area of your project and search the web for the supplies and write-ups.

There always will be somebody on the web who has performed that kind of repair. Most likely you will find some critical or complimentary replies, which would help you build a complete picture.

Of course doing your own home repairs requires investing into the tools. You do not have to buy all new tools and spend tons of money. The internet auction and classifieds sites have many for sale ads of the good used tools. Many of them have been used only once and are like new. Keep your eyes open and in time you can collect a set of basic tools that would allow you to do most repairs.

The cordless drills can be convenient, but their batteries eventually stop working and finding a battery for an old drill can be difficult and costly. The 9.8V or 12V drills can be wired to a regular car battery with great results. The modern 14V and 18V drills would not work under lower than normal voltage. The corded drill requires an extension cord, but lasts virtually forever. The cheap sets of various drills can be tempting, but remember that they might be crooked, dull and brittle. If you can sharpen drill bits, the former is not a big deal, but the brittle drill bits can create a big problem if they start breaking in the material. Of course you would need a bench grinder to sharpen the tools.

To cut planks of wood you should get a portable circular saw with wood and plywood blades and a mitre saw. Those two would cover most of the wood cutting tasks. A hand saw could be helpful for the places where an electric saw cannot get into. You would also need a metal hacksaw to cut pipes and rods. Even a cheap one would work, but get quality blades – they remain sharp longer and do not break too easily.

It is a very good idea to buy a mini metal lathe, mini wood lathe and a drill press. Those machines will open whole new world of opportunities for you, allowing you do to basic gunsmithing, more advanced ammunition reloading, and lots more tinkering and repairs. There are issues that many mini lathes have in common. They are too weak for removing more than very small amount of material, as their parts are not strong enough. Also the fit of parts leaves a lot to be desired. If you need the machines that weight little and occupy little space, the mini lathes and mills are still a solution. But if you can afford it, going with the full size machines is a much better idea.

30.3 Car repairs

The modern vehicles have become very complicated due to introduction of more and more computer control and electronics. Some repairs can be performed only by a dealer or experienced 3^d party mechanic, but there are still jobs, which can save hundreds of dollars if you do them yourself, such as brake pad and rotor replacement. Also, modern brake rotors tend to warp and replacing them is a better idea than machining as machined rotors quickly warp again. First thing anyone should do if they want to save on repairs, is to obtain a paper or electronic copy of the factory service manual (FSM) for their vehicle. FSM is much more detailed than the user manual supplied with the vehicle and more accurate than Haynes or similar manuals available from the automotive departments of the hardware stores. In some cases you would be able to repair your vehicle more efficiently by using information from the FSM than even your dealer would. Joining the Internet forum for your car make will allow you to ask questions to the more experienced car enthusiasts and research the best approach to repairs, find sources of parts, tips and tricks. However you should not rush to buy parts from many forum sellers, as their registration on a forum does not automatically mean they can be trusted. There are many unscrupulous sellers who could not run their own mortar and brick parts store due to poor ethics or shady practices, and they resorted to hanging on to the forums. If the deal is too good to be true, it most likely is not. Also, the best quality parts are made by the car's manufacturer, not aftermarket. The authors found that from experience after burning fingers with the aftermarket parts that failed to perform to a satisfaction. For every repair job read the FSM first, then acquire tools and supplies, plan, mark the parts, take lots of pictures. You are absolutely going to need a better jack than in your trunk and a couple of stands to rest the vehicle on while working on it. A couple of 1x1 foot sheets of sturdy plywood or $\frac{5}{8}$ inch fibreboard are helpful if you have to work on warm soft pavement or on the ground. Put them under the jack stands to prevent them from sinking into the ground or leaving holes in your driveway.

Invest into a set of imperial and metric wrenches, $\frac{1}{2}$ inch and $\frac{3}{8}$ inch ratchets, a 2 foot cheater bar with $\frac{1}{2}$ inch connection, torque wrench and a small MAPP gas or propane torch. Heating parts with a torch to about 200°C(400F) does wonders when you need to remove an old ball joint stud or unscrew a stubborn nut. Heating allows to remove ball joint studs without any special tools, such as wedge fork, that can be rented from the automotive supply stores, but break easily and require a lot of hammering.

Of course the best car is one that does not need repair and as little maintenance as possible. Honda Accord for example does not need anything to be replaced until about 60,000 miles (100,000 kilometers) except an oil filter. Nothing could be finer as that saves you a lot of money.

30.4 Computer building and repair

There is nothing difficult about building your own computers or repairing old ones. The most frequent issue with the computers is dust gathering in the various heat sinks, that stops the fans and burns their coils. Vacuum cleaning dust and using old toothbrush to clean dust can often revive an old board.

A typical computer has a power supply, motherboard, CPU, two or more sticks of memory, hard disk, optical disk, video card, keyboard, mouse, monitor and speakers. Some motherboards incorporate a video card on board. Some CPUs now incorporate a video card as well. Thus building a computer has become a relatively simple task of buying parts and putting them together in a case.

Power supplies are very efficient today. You should buy 400-500Wt power supply even if you are not going to use powerful graphics cards (they are the major consumers of electric power). The extra watts are going to help after a few years when you will either upgrade your video card, or the capacitors inside the power supply will dry up reducing effective power output.

Even a very basic and inexpensive computer case will work just fine.

If you are going to use the computer for reading emails, browsing the web, typing documents and entering data into the spreadsheets, etc. then the best choice would be one where the video card is integrated into the CPU, such as the AMD Trinity APU or similar. As the modern motherboards support 2 or 3 channel memory, get an equal number of memory sticks (2 for dual channel and 3 for triple channel memory controller).

To build a new computer, first unpack the case and power supply and mount the power supply inside the case. The screw holes on the cases and power supplies are arranged so that there is only one correct position for the power supply inside the case, as one of the four screws is slightly off the corner of the rectangle. Keep the power supply wires together for the time being.

Next unpack a motherboard and read its manual. Find out if you need to install the risers into the case. The risers can be small hexagonal brass screws, they can be short or tall depending on where they have to be screwed in. Most motherboards have 4 or 6 holes and you would need to place the risers under those if the case so requires. Insert a cover that comes with the motherboard into the back of the case against the connectors on the motherboard. You are ready to place the motherboard into the case and put in the screws. There are usually screws in every corner of the motherboard plus two wholes just below the connectors on the back and front edge. Once the motherboard is secure, you can install a CPU. Match the pattern of the CPU pins against the socket. The sockets are keyed and usually it is fairly easy to find a correct position. Never force a CPU into the socket – you will only bend the pins, killing the chip and voiding warranty. The CPU has to fall into the socket with minimum force. Lock the CPU in the socket with the lever and install a heat sink.

Memory installs into the memory slots that have one or two locks. The memory modules or sticks have a key off center that is used to correctly position the modules. Find the key notch on the slot and module and match them up. Find out what kind of slots you have. If there is a lock on each side, put the module into the slot straight and push down until the locks click and lock the module. You might need to depress the locks to complete installation. If your slots have only one lock, then insert the module at a slight angle to slide underneath the fixed side of the slot, then push the other end down and lock in place.

And finally, install the optical drive into one of the 5.25 inch bays and hard drive into one of the internal 3.5 inch bays. Connect the cables to the drives and motherboard.

Now you can attach the power cables from the power supply to the motherboard, video card if any, and the drives. Remember that modern motherboards may require additional 4 to 6 pin power cables to be connected somewhere around the CPU and the powerful video cards require matching power connections. The computer will not boot BIOS if not all required power connections will have been attached.

Connect the monitor using proper cable. The LCD monitors provide the best picture with DVI or display port cables. The HDMI cables would limit your monitor's resolution to 1920x1080 pixels.

Attach a keyboard and mouse to the USB ports.

To control your new computer you will need to find the front panel header on the motherboard and connect the power, reset, power LED, HDD LED and speaker wires according to the manual. Now you can attach power, turn on power supply and press the power button. If all was connected right, your computer will start and you will see startup sequence on the monitor.

You will need to boot from an optical disk or USB stick with an operating system (OS) installation image to install an OS onto the hard drive. While Windows system usually comes pre-loaded with a complete system, or on a DVD, Linux system usually has to be downloaded and burned onto media. That requires another operational computer, which is a small inconvenience. Many Linux distributions these days come on a so-called live media, where you can boot from the media and start using the

system without having to install. These live disks would also allow you to download and install full Linux system.

Although the free open-source operating systems are not as mature as Windows or Mac OS, they present cheap alternative that works. Linux distributions that you can download from the Internet for free, such as Fedora, Ubuntu or SuSe have almost everything that one might need: web browser and email client, office package, graphics editors, sound recorders, media burners, calculators, educational software and many more. Being free they are not as readily supported as commercial packages, but you can still get information from the Internet forums and chat rooms. If you have time to look for the answers on the web and the upfront cost of commercial OS of about \$300 is significant, Linux can be a solution.

Computers present some new opportunities these days, such as voice over IP (VoIP) software. A computer equipped with a microphone can replace a regular phone and do so anywhere in the world, as long as you are subscribed for a VoIP account. Being equipped with a web camera, computer can similarly support video conferencing. Modern high-speed Internet connection can support two VoIP streams at the same time. There is software for secure communication called PGPfone. It is old, but works as long as the following TCP/UDP ports are open on your router and NAT mapping is set up for them to your computer: 17447, 7448, 7449. You can speak with another party over PGPfone and no one will be able to eavesdrop on your conversation.

If your ISP provides fixed IP addresses, you can pay for one and set up your own web, FTP, email and other servers. Having your own email server is convenient if you want to communicate securely with your relatives, colleagues and friends. All you would need is to set up email server software, for example hMailServer, configure it to allow only encrypted connections and set up the accounts for your correspondents using SSL/TLS. You can set up your own instant messaging server using for example jabberd software and many open-source clients. Configuring them to use SSL will secure your communication. You can even set up your computer as a web proxy with HTTPS using one of the free scripts available on the Internet and access web from elsewhere without anyone knowing what you are browsing.

To print from your computer you should get a laser printer for which you can get quality refilled toner cartridges. Refills are cheaper but they also vary in quality. Try to buy a printer with a large toner cartridge as it will last much longer, maybe even as long as the printer will work. The ink-jet technology is just nowhere near the laser technology. The ink cartridges leak, leaving incredible mess in the printers, and cost more than the ink-jet printers themselves. Buying an ink-jet you are subscribing to frequent and costly ink replacement. On the contrary, a good quality laser printer will print for years from one load of toner.

30.5 Disaster preparedness and survival

Tons of ink have been spent writing the books on survival and the authors are not going to repeat any of that. Many of those books have been sponsored by the sports and outdoors store chains and their goal was to increase the sales of survival gear.

Survival in a disaster does not require camo clothes, night vision goggles, lots of tactical gear, MREs etc. The equipment you will really need can be bought pretty cheap at the hardware stores or even found from the garage sales.

Water is the top priority in a disaster. Clean drinking water becomes scarce immediately after taps run dry. The containers need to be strong, handy to transport, water and air tight and hygienic.

Many types of household containers would work: canisters from oil, vinegar or juices washed clean with soap, water bottles, even clean 3-5 gallon buckets from juices and other foods. If you have reverse

osmosis filter in the house, then you can store filtered water in the clean containers for months without it spoiling. Always have enough water for your family drinking, cooking and hygiene needs at least until you expect emergency services to restore the supply. As long as you have drinking water, you will survive at least a week.

Food is the second priority. Emergency food supply should be stored in such a way as to protect it from contamination by the elements, infections, poison gases and pests. Remember the rules regarding MSG, sugar substitutes and fluoride: stay away from them even in the emergency. This is why the authors discourage stockpiling and eating MRE – they will sure contain taste enhancing substances and sugar substitutes. Homemade dehydrated fruits, rolled oats, pasta, homemade salami, canned fruit and vegetables are much better choice than MRE.

There is no need to invest into the expensive knives such as Ka-bar, fancy folders, tanto etc. Utility knives from a hardware store or ordinary kitchen knives sold in plastic sheaths will do just fine. There is very little chance that you would have to get involved into knife fighting so you can save quite a few dollars here. The expensive machete sold at the sports stores replicate the poor man's tool from South America, but cost a whole lot more. In reality those can be improvised from the lawnmower blades and some electric tape or electric wire for a lot cheaper.

Cold kills. If you would end up in freezing cold weather without shelter, you would need warm and strong clothes and this is not something that could be easily improvised like summer clothes. It is a good idea to invest in some Sorel boots with felt inserts, snow pants, parka, fur hat and some thermal underwear and sweaters.

Heat does not kill, but UV burns skin pretty badly. Summer survival outfit should include a wide rimmed hat and a light, but long sleeve shirt. There were times when people never left home without a hat and there was a very good reason for that.

30.6 Fire

Currently the vast majority of city apartments and suburban houses receive heating from line gas or electricity. Those energy supply lines are vulnerable to the natural disasters and acts of terror. The power outages are a common thing in the 3^d world, but they can occur in the Western countries too. Surviving without air conditioning in summer is not too difficult, but heat is absolutely necessary in winter. You should think about an alternative source of heat in case of power or natural gas blackout.

Propane is convenient, but it runs out quickly. Wood stove with supply of firewood lasts much longer. Although the pellet stoves are very convenient, getting pellets can be problematic in a disaster situation, while firewood can be found more readily.

Take systemic approach and diversify your heat sources. Have some tourist fuel cans or tablets, gasoline portable stove, propane barbecue or stove and wood stove on hand.

Of course the easiest and most popular method of cutting wood is to use a chainsaw. But what if you will run out of gas and will not be able to buy more? It is a good idea to buy a crosscut saw, and if you can, get a two-man crosscut saw, which takes two, but allows to cut a lot of logs much quicker.

Using a two-man saw, each one must pull, and not push or pull the blade down. Just pull one after another and let the weight of the blade to do its job. This job should be performed in relaxed manner without rush. Rushing the two-man saw usually results in wobbling of the blade and slows down work.

To split the logs into firewood you are going to need a splitting axe, as electric powered log splitters would not work in a power blackout. While splitting logs, stand with your legs set far apart, somewhat wider than your shoulder width. That will reduce the risk of injury if the blade slips. Never swing the axe towards your legs or toes and see that there is no one in the direction you are swinging in. Strike

the middle of the log with the decisive motion, exhaling towards the strike. That gives the blade most energy at the moment of contact with wood.

The ordinary lighters from the convenience store work fine for starting fire. The long-nosed ones can be unreliable, so test them before you buy. Matches are susceptible to moisture, but they can be made moisture-proof by dipping them in molten paraffin. This method works best on the matches with a larger head as small heads may just fizzle as molten paraffin might extinguish small flame.

30.7 Food

With the publicly available food supply quality deteriorating and more and more harmful new substances added to the processed foods, making your own food from the raw ingredients is becoming not only economical, but virtually the only way to stay healthy.

Unfortunately cooking your own food takes a lot of time compared to buying processed food. This is why traditional family where wife stays at home and cooks for the family is so important to preserve.

Cooking from raw ingredients takes virtually all day for a typical family of four. What do raw ingredients really mean? They mean flour, brown sugar, yeast, grains (rice, buckwheat, rolled oats, alfalfa etc), meat, fish, vegetables, fruit and herbs. To stay healthy, one must forgo all processed foods such as:

- deli (salami, smoked meat and fish, hams, hot dogs etc)
- sauces (catchup, mayonnaise, BBQ sauce, chili etc.)
- frozen goods (patties, burgers, fish and chicken nuggets)
- salads
- pickled and marinated vegetables
- canned fruit and juices
- all restaurant food
- pop and other beverages
- candy and chocolate
- wine, beer and other alcoholic drinks
- canned soup, Chinese noodles, craft dinner

Everything that was manufactured from the raw ingredients by the food industry now contains taste enhancers, preservatives and many other chemicals not naturally found in food. The long-term health effects of those substances have not been studied due to pressure to the contrary from the food industry.

At first it looks like all fun is taken away from life when you stop eating and drinking from the list above. The food becomes plain and does not taste well. But after a while, as the body clears itself from the MSG dependency and you learn new recipes, the old taste comes back, this time naturally.

Many know how to cook meat: roast beef, roast pork, stakes and burgers. What makes meat delicious are usually sauces or spices. Making sauces is ancient art and many books have been written about the subject. There are however several very simple sauces that can be made easily: mustard, mayonnaise, chili sauce. Improvisation with vinegar, garlic, honey, brown sugar and spices can lead to discovery of your own recipes that you will love.

Candy make our life fun. You can replace them with dehydrated fruit. The bananas can be cut in halves and every half in quarter segments and those sticks dehydrated. The over-ripe yellow bananas with brown spots produce the softest, sweetest, best tasting product. Apple chips can be dried just like that. Dehydrating the apricot halves and cranberries requires first soaking them in sugar syrup, as otherwise they will become very sour after dehydration. Cranberries need to have a small incision on one side for soaking. Also one can dehydrate ripe sweet melons, papaya, peaches, plums and blueberries.

Curing and marinating olives is not too difficult either. The simplest method that is the least labour intensive and does not require corrosive lye is the salt brine method. The fresh green olives are first washed, then cut with small knife 3 or 4 times and covered with saturated brine in stainless or glass containers. For large volumes you can also use plastic buckets, but the authors do not recommend using anything plastic in food preparation to avoid contaminants from production of plastic that include phenol, formalin and other poisons. The olives have to be covered with a dinner plate or similar lid to sink them into brine and covered to avoid contact with air. This does not need to be airtight as in wine making, a plastic bag full of water will do just fine. So soaked and covered olives have to stay in dark place for 6 weeks until they no longer taste bitter. After month and a half you drain brine, discard any moldy olives that had contact with air, and pack the 1 liter (one quart) glass jars full of olives for marinating. Marinade is made of $\frac{1}{4}$ cup of vinegar per cup of water. Add a spoonful of olive oil, slice of lemon, 1 bay leaf, spoonful of fennel, spoonful of Spanish paprika and 4 cloves of garlic per jar. Close and shake the jar to distribute the spices and let it sit for another 6 weeks until ready.

To make catchup so loved by the kids you would need tomato paste. You can make your own paste from crushed tomatoes by boiling out excess water on a frying pan. Every August the grocery stores sell tomatoes by the bushel. Buying 15 bushels and processing them into tomato juice and crushed tomatoes will create a year long supply for a family of four. You would need an industrial size tomato squeezer to process 15 bushels in one-two weeks. The first tomatoes that appear for sale have more solids and are excellent for making crushed tomatoes. Those that are sold a week or two later are larger and produce more juice. The mass has to be brought to a boiling point, foam removed and discarded and the mass poured into 250ml jars and sterilized. Juice can be packed into 1 liter (one quart) jars.

Another simple way to preserve tomatoes is marinating.

Just as you are finished canning tomatoes, they start selling Sheppard's pepper by the bushel. The peppers can be marinated or cooked with tomato paste. This delicious snack is called Hungarian lecho and it is a great source of vitamin C for the winter months. Both tomatoes and peppers can be also dehydrated just like fruit.

About the same time in August the grocery stores start selling McIntosh apples by 10lb bag. These apples are good for juice only and that is what you should make out of them. Try to buy the largest commercial strength juicer you can find, one that can take whole apples or at least halves. Do not bother extracting seeds – the big juicer can take care of that. Just wash the apples with your filtered RO water and process them. Juice has to be pasteurized of course. The most appropriate jars for apple juice are 1 liter (1 quart).

Paula Red apples will be sold a bit later and these are excellent for making apple puree. The seeds have to be punched out and apples held in boiling water 1-2 min, until they get softer, then either put through a meat grinder with a special attachment, or squeezed through a sieve with a spoon. Fill the 250ml jars almost to the top, put one spoon of brown sugar on top of puree and sterilize for 40 min.

Peaches can be processed similarly.

Cranberry juice (or punch) is a healthy replacement for pop. Put cranberries through a meat grinder, add same volume of water and bring to a boiling point in a pot. Filter out the solids using cheese cloth and add honey and brown sugar to taste. You can store this drink in a fridge for several days as honey helps preserve its freshness. You can buy large quantities of cranberries around Thanksgiving and Christmas for cheap and freeze a year supply.

Deli products can be replaced with homemade sausage, salami and ham. There are many recipes for sausage on the internet and in literature. Sausage is best stuffed and cooked immediately, but it can be frozen for cooking 2-3 weeks later. Stuffing using a meat grinder attachment is the easiest and most efficient method.

Making salami takes a long time, but is very rewarding with fine taste. Best salami is made of pork as beef salami is very hard once dry. Pork is ground once through a coarse knife and second time through a regular knife as you are mixing in spices. The starter for fermentation can be made of 1 glass of young red wine and 1 bag of kefir culture. Mix the starter and let it sit at room temperature for an hour as you are grinding meat, then pour the starter into the ground meat and grind it second time adding spices. There are many recipes of which the authors stick with the following: add 90 grams of coarse salt for every 4 kg of meat, 2 teaspoonful of peppercorn, 2 teaspoonful of ground black pepper, 1 teaspoonful of rosemary, 1 teaspoonful of marjoram, 4 teaspoonful of fennel, 8 teaspoonful of Spanish paprika and 1 cup of sugar.

Stuffing using a meat grinder is also most efficient as it fills the casings most tight, which helps salamis to remain round while drying. Tie the casing using cotton rope or yarn at the length that you can seal in a vacuum bag. That is about one foot when using household vacuum machine and a wide roll. One end of salami is tied leaving a loop for hanging. First you hang salamis at above room temperature: 22-24°C(74-78F). Usually you can find such environment along the duct of your heating system in the basement. Hammer a few nails into the joists close to the heating duct and hang your salamis there. After 48 hours, when the starter culture is activated, you move salamis into the cold end of the basement and keep them at about 15°C(60 degrees) for about one month checking periodically for hardness after 2-3 weeks. The salamis should not be too hard and dry or they will be very hard to slice and eat. Once they are firm to touch, you can seal them in the vacuum bags and store in a refrigerator for the whole year.

To make hams you can buy boneless pork sirloin tip at \$5-6/lb. It is not worth the savings to buy the hams at \$2/lb as they contain lots of fat, skin and bones. Meat ends up costing about the same as sirloin tip plus the effort to cut out the unwanted parts. Cut 10 lb of sirloin tip into 2-4 chunks that fit in a large pot, add 1 gallon of water and 1 lb of coarse salt, $\frac{1}{4}$ cup of brown sugar or honey, 1 teaspoonful of peppercorn, a few cloves. Keep in a fridge for a week then cook in 175 degree water until temperature inside meat reaches 155 degrees, then put ham into cold water. Once ham cools, you can cut it to smaller chunks, seal in vacuum bags and freeze.

30.8 Baking bread

Have you noticed that bread has become very expensive? A loaf of white bread costs around \$3-4 and even more for rye bread. You can bake your own bread for a fraction of that – for about \$1 a loaf. To save that much you would have to buy flour in bulk. The price of a pound of flour in a 50lb bag is about half of that in a 10lb bag. Using the recipes found all over the Internet and a bread machine you can supply your family with cheap, fresh, and most important free from MSG and sugar substitutes bread.

The individuals sensitive to MSG should remember to not use sour dough recipes, as sour dough process includes lengthy fermentation with milk acid bacteria and yeast, which releases free glutamic acid from flour proteins into starter and introduces it into dough. The yeast based recipes produce good results with some experience virtually eliminating the need for sour dough.

The authors recommend baking both white bread and rye bread, as white bread, despite its great appearance, flavour and taste, contains little valuable vitamins. Rye bread contains a lot of group B vitamins and tastes great in many settings.

30.9 Dressmaking

First of all, sawing your own clothes makes a lot of monetary sense if you are uncommon size. The tall athletic individuals usually have a hard time buying affordable clothes. You can save thousands making your own t-shirts and polo shirts only if you are a 6 foot something tall with athletic build. The cost of homemade t-shirt is around \$3-4 and of a polo shirt is \$4-5. Cheap clothes on the market suit average person, but the big, tall, athletic people have a hard time finding something that suits them. This is where dressmaking comes handy.

You will sew woven fabrics on a household machine, unless you want to invest into an industrial single or double needle machine. The modern Singer household machines do a good job and last at least 5-6 years. From many functions and stitches that they offer the most used ones are straight stitching, zigzag and buttonhole attachment.

But you would need two industrial quality machines for working with knits: a 4 thread serger and 5 thread cover-stitch machine. Without those machines your knitwear will not look as good as factory items. The modern cover-stitch machines often come with automatic thread trimmer (recommended) which requires a compressor. The knits need a serger for attaching and trimming and cover-stitch for top-stitching. The soft flat seams with a row of stitches on each side and double zigzag in between, found on the knit sweatshirts and t-shirts are exactly what the cover-stitch machine produces.

The industrial machines are a whole different ball game. They can handle fabrics and seams that the household machines would spin their wheels at. The industrial needles are far better quality, they last longer and handle thread better. One can find used 5-10 year old industrial machines for affordable prices on the Internet classified sites. Once you have them, a good supply of fleecy serger thread will get you going. Thread sold at the fabric stores is very expensive and it alone will increase your bottom line to the point where making clothes would make no sense. Seek the industrial cones of thread instead.

They contain from 6,000 to 15,000 yards of thread instead of 30-100 yards on a retail spool. Best quality thread is without doubt made by American and Efid, Coates and Cansew but there are other brands that work just fine. Destruction of Western textile industry by outsourcing to the 3^d world has left many factories closing and liquidating their supplies at closeout prices. This is a chance for you to buy sewing machines, fabrics, thread and notions for cheap.

Let us warn you that it does not make much sense to make jeans as you can find cheap jeans on sale and if you would calculate the cost of fabric, zipper, rivets and labour, then \$10-15 price on sale would be very cheap for a pair.

Leather goods is another area where you can save a lot of money if you learn to do it yourself. Sawing leather requires an industrial single needle machine and a set of Teflon feet or a specialized roller foot. Once acquired those, you can make your own jackets, hats, gloves, sheaths, holsters, belts and lots more. Leather is sewn with nylon thread, that too can be found on the Internet for a lot cheaper than at the leather stores.

Often the amateur dressmaker is faced with a problem of installing rivets, snap buttons and eyelets, which require a press and dies. The authors found a solution: a drill press with a vise can replace a specialized eyelet press. If you own a lathe, you can even make your own dies and save even more. You can buy some dies and copy them for other designs and sizes of eyelets, rivets and buttons.

Appendix A

Recommended reading

The books below will help you to make informed decisions by expanding on the hints and tips in this book. Many of them have been quoted throughout the book.

Excitotoxins: The Taste That Kills, Russell L. Blaylock, M.D, Health Press, Santa Fe, New Mexico, 1997

Battling the "MSG Myth", A Survival Guide and Cookbook, Front Porch Productions; Spiral edition (May 2002), ISBN: 0967049202, 978-0967049205

The Doctor's Case Against The Pill: 25th Anniversary, Barbara Seaman, Claudia Dreyfus, Hunter House (CA), ISBN: 0897931815, 9780897931816 Gut and Psychology Syndrome, Dr. Natasha Campbell-McBride MD, Medinform Publishing; 1st edition (September 29, 2004) ISBN: 0954852001, 978-0954852009

Kanazawa, Satoshi (2011) Intelligence and physical attractiveness. *Intelligence*, 39 (1). pp. 7-14. ISSN 0160-2896

Heterophobia: Sexual Harassment and the Future of Feminism, Daphne Patai, Rowman & Littlefield Publishers (June 28, 2000), ISBN: 0847689883, 978-0847689880

Professing Feminism: Education and Indoctrination in Women's Studies, Daphne Patai, Noretta Koertge, Lexington Books; Expanded edition (January 29, 2003), ISBN: 0739104551, 978-0739104552
Lapunti: Arnis de Albanico, Primer, Dr. J. Laraya, JR Publishing, 1996

Mas Oyama's Essential Karate, Sterling Pub Co Inc; New edition (March 1979), ISBN: 0806988444, 978-0806988443

Cartridges of the World: A Complete and Illustrated Reference for Over 1500 Cartridges, Frank C. Barnes, Holt Bodinson, Gun Digest Books, 12 edition (Oct 20 2009), ISBN: 0896899365, 978-0896899360

United States Army Field Manual No. 23-10: SNIPER TRAINING Counter Sniper Guide, Paladin Press, Boulder, CO, ISBN: 0873640691, 978-0873640695

Military and Civilian Pyrotechnics, Herbert Ellern, Chemical Publishing Company (Dec 1 1968), ISBN: 0820603643, 978-0820603643

Research and development in the area of explosively formed projectiles charge technology, Klaus Weimann, "Propellants, Explosives, Pyrotechnics", Vol 18 Issue 5, 14 SEP 2004, DOI: 10.1002/prop.19930180511
Explosives and Propellants From Commonly Available Materials, Desert Publications

Appendix B

Health effects of MSG

- Numbness or paralysis
- Mouth lesions, sores
- Swelling of hands, feet, face
- Diarrhea
- Mitral valve prolapse
- Nausea
- Arrhythmias or paroxysmal atrial fibrillation (which can lead to stroke)
- Vomiting
- Rise or drop in blood pressure (a fluctuation)
- Stomach cramps and gas
- Tachycardia (rapid heartbeat)
- Irritable bowel, colitis, and/or constipation
- Angina (pain in and around heart and ribs)
- Swelling of/or painful rectum
- Heart palpitations (change in heart beat, or irregularities, such as atrial fibrillation)
- Spastic colon
- Shuddering, shaking, chills
- Extreme thirst
- Tendinitis and joint pain, TMJ
- Water retention and bloating (stomach swells)
- Arthritic-like pain Muscle aches - legs, back, shoulders, neck

- Abdominal discomfort
- Flu-like symptoms
- Asthma symptoms
- Stiffness - jaw, muscles
- Shortness of breath
- Heaviness of arms, legs
- Chest pain
- Mental dullness
- Tightness of chest
- Depression
- Runny nose and sneezing
- Dizziness, light headedness
- Postnasal drip
- Disorientation, mental confusion, bi-polar
- Bronchitis-like symptoms
- Anxiety or panic attacks
- Hoarseness, sore throat
- Hyperactivity, especially in children (A.D.H.D.)
- Chronic cough - sometimes a tickle cough
- Attention Deficit Disorder (A.D.D.)
- Gagging reflex
- Behavioral problems - delinquency, rage, and hostility
- Skin rash - hives, itching, rosacea-like reaction
- Feelings of inebriation
- Mouth lesions, small waxy bits in throat, tonsils
- Slurred speech
- Tingling numbness on face, ears, arms, legs, or feet
- Balance problems
- Flushing, tingling, burning sensation in face or chest

- Aching teeth
- Extreme dryness of mouth, "cotton mouth", or irritated tongue
- Seizures, tremors
- Dark circles or bags under eyes, face swelling
- Loss of memory
- Urological problems, nocturia, uncontrollable bladder or swelling of prostate
- Lethargy
- Difficulty focusing
- Sleeping disorders - insomnia or drowsiness (chronic fatigue)
- Pressure behind eyes
- Migraine headaches - facial or temporal Eye symptoms - tired or burning eyes to blurry vision, optic neuritis
- Seeing shiny lights
- Neurological diseases: ALS, Parkinson's, M.S.
- Burning sinuses, broken sinus capillaries
- Prostate, infertility, thyroid problems
- Gastro esophageal reflux
- Ear problems - tinnitus or Meniere's Disease
- Cartilage, connective tissue damage
- Gout-like condition (usually knees)
- Gall bladder or gall bladder like problems
- Kidney pain - Loin Pain
- Hematuria Syndrome
- Restless Leg Syndrome
- Awareness During Sleep Paralysis (ADSP)
- Mastocytosis

Appendix C

Synonyms of MSG

Food industry hides free processed glutamic acid on the food labels behind a wide range of synonyms. But it does not mean that the products that have none of below synonyms on the labels are safe to eat. The rule of thumb should be to eat nothing, that has been processed between a farm and your kitchen table¹.

- Algae, phytoplankton, sea vegetable, wheat/ barley grass powders
- Amino acids (as in Bragg's liquid amino acids and chelated to vitamins)
- Annatto
- Anything enriched or vitamin enriched anything
- Autolyzed Plant Protein
- Autolyzed Yeast
- Barley malt
- Bouillon
- Broth
- Calcium Caseinate
- Caramel Flavoring (coloring)
- Carrageenan
- Citric Acid (when processed from corn)
- Corn gum
- Corn syrup and corn syrup solids, high fructose corn syrup
- Cornstarch
- Dough Conditioners

¹Battling the "MSG Myth", A Survival Guide and Cookbook, Front Porch Productions; Spiral edition (May 2002), ISBN: 0967049202, 978-0967049205

- Dry Milk Solids
- Enzyme modified proteins
- Fermented proteins
- Flavoring
- Flowing Agents
- Fructose (made from corn)
- Gelatin
- Glutamate
- Glutamic Acid
- Gluten and gluten flour
- Guar gum
- Gums (guar and vegetable)
- Hydrolyzed Plant Protein (HPP)
- Hydrolyzed Vegetable Protein (HVP)
- Lecithin
- Lipolyzed butter fat
- Low or No Fat items
- Malt Extract or Flavoring
- Malted Barley (flavor)
- Maltodextrin, dextrose, dextrans
- Milk Powder
- Modified anything
- Monopotassium glutamate
- Monosodium glutamate
- MSG
- Natural Beef Seasoning
- Natural Chicken Seasoning
- Natural Flavors, Flavors, Flavoring
- Natural Pork Seasoning

- Pectin
- Protease
- Protease enzymes
- Protein fortified "anything"
- Protein powders: whey, soy, oat, rice (as in protein bars shakes and body building drinks)
- Reaction Flavors
- Rice syrup or brown rice syrup
- Senomyx (wheat extract labeled as artificial flavor)
- Sodium Caseinate
- Soy Protein
- Soy Protein Isolate or Concentrate
- Soy Sauce or Extract
- Spice
- Stock
- Textured Protein
- Ultra-pasteurized dairy products
- Vegetable Protein Extract
- Wheat, rice, corn, or oat protein
- Whey Protein Isolate or Concentrate
- Whey Protein or Whey
- Yeast Extract
- Yeast food or nutrient
- Yeast Nutrients

Appendix D

Side effects of the birth control pills

Below you will find a complete list of known side effects of birth control pills. This information should be made readily available to the patients by the doctors, prescribing the Pill. Your doctor might have not mentioned some or all of the side effect to you.

D.1 Head and brain

- Cerebral hemorrhage (bleeding into the cranial cavity)
- Cerebral thrombosis (blood clot that drains blood from the brain)
- Melasma, which may persist (skin discoloration; usually dark, irregular patches)
- Migraine
- Headache
- Dizziness
- Loss of scalp hair
- Acne

D.2 Vision

- Retinal thrombosis (blockage of the central retinal vein that carries blood away from the eye)
- Change in corneal curvature (steepening of the cornea)
- Intolerance to contact lenses
- Cataracts

D.3 Cardio-vascular system

- Thrombophlebitis and venous thrombosis with or without embolism (blood clots in the veins)
- Hypertension (high blood pressure)

- Mesenteric thrombosis (blood clot in the major veins that drain blood from the intestine)
- Hemorrhagic eruption (bleeding eruption)
- Arterial thromboembolism (blood clots in the heart)
- Pulmonary embolism (arterial blockage, usually from a blood clot, that cuts off one lung's blood supply)
- Myocardial infarction (heart attack)
- Budd-Chiari Syndrome (closing of the veins that carry deoxygenated blood from the lower half of the body into the heart)
- Hemolytic uremic syndrome (kidney failure and low platelet count in the blood)

D.4 Mental state

- Mental depression
- Nervousness, anxiety

D.5 Whole body

- Changes in libido (usually decreased libido)
- Edema (increased fluid and subsequent pressure within an organ)
- Change in weight (increase or decrease)
- Rash (allergic reaction)
- Pre-menstrual syndrome
- Hirsutism (excessive hair growth in places where hair normally is minimal or absent)
- Erythema multiforme (allergic reaction)
- Erythema nodosum (skin inflammation)
- Porphyria (disease that can manifest itself as anything from acute mania, including hallucinations, to constipation and skin rashes)
- Bone loss
- Cancer (breast, uterine and vaginal)

D.6 Stomach/Intestines

- Gallbladder disease (bile duct stones)
- Hepatic adenomas or benign liver tumors
- Nausea
- Vomiting
- Gastrointestinal symptoms (such as abdominal cramps and bloating)
- Cholestatic jaundice (jaundice caused by thickened bile)
- Reduced tolerance to carbohydrates
- Changes in appetite
- Impaired renal function (impaired kidney function)
- Colitis (digestive disease characterized by inflammation of the colon)
- Hemolytic uremic syndrome (kidney failure and low platelet count in the blood)

D.7 Pregnancy

- Typical use of combined oral contraceptive pills prevents a diagnosed pregnancy in only 90 to 96 percent of women, which means that four to 10 women out of every 100 using the pill for one year will have a diagnosed pregnancy.
- The pill's third mechanism is to change the lining of the endometrium (the lining of the womb), which creates a hostile environment for a newly created human being. The tiny baby cannot implant and is spontaneously aborted by the body.
- As quoted in the booklet *Does the Birth Control Pill Cause Abortions?* by Randy Alcorn, a representative of the Ortho-McNeil pharmaceutical company said, "If you end up with a fertilized egg [new human being], it [the baby boy or girl] won't implant and grow because of the less hospitable endometrium".
- "It seems unlikely that implantation would be possible in the altered endometrium developed under the influence of most of the suppressants [of ovulation]".
- Ectopic pregnancy
- Drugs that are known to interact with the pill to cause an increased likelihood of pregnancy:
 - Rifampin
 - Drugs used for epilepsy, such as barbiturates
 - Phenobarbital (anticonvulsant; can also be used as anti-anxiety medication)
 - Topiramate (TOPAMAX®; prescribed for migraines and, in higher doses, for Chiari patients)
 - Carbamazepine (Tegretol® is one brand; anticonvulsant medication)

- Phenytoin (Dilantin® is one brand; anti-seizure medication)
- Phenylbutazone (Butazolidin® is one brand; nonsteroid, anti-inflammatory medication)
- Certain drugs used in the treatment of HIV or AIDS
- Certain antibiotics
- St. John's wort

D.8 Reproductive Organs

- Breakthrough bleeding
- Spotting
- Change in menstrual flow
- Amenorrhea (absence of menstrual periods)
- Temporary infertility after discontinuation of treatment
- Breast changes: tenderness, enlargement, secretion
- Change in cervical erosion and secretion
- Decrease in lactation when given immediately postpartum
- Vaginal candidiasis (yeast infection)
- Cystitis-like syndrome (frequent urination, sometimes with a painful bladder)
- Vaginitis (inflammation of the vaginal area, often associated with irritation, itching or infection)
- Increased risk of sexually transmitted diseases
- Cancer (breast, uterine and vaginal)
- Endometriosis

D.9 Environmental hazards

- Researchers have found that caged adult trout exposed to ethynylestradiol, a synthetic estrogen, were half as fertile as fish kept in clean water. The trout were exposed to the estrogen for two months, and then bred with a healthy female.
- Doug Myers, a wetlands and habitat specialist for the Puget Sound Action Team, said that scientists are “finding the presence of female hormones making the male species less male” in frogs, river otters and fish.
- “Scientists in western Washington found that synthetic estrogen - a common ingredient in oral contraceptives - drastically reduces the fertility of male rainbow trout”.
- After randomly netting 123 trout downstream from a Boulder Creek sewer treatment facility, including 101 female trout, 12 male trout and 10 “intersex” trout (having both male and female traits), scientists in Colorado discovered that “estrogens and other steroid hormones from birth-control pills and patches” caused the fish’s genetic alteration.

Appendix E

Mortality statistics

The mortality statistics, published by Statistics Canada for 2010, illustrates futility of any government mandated gun control. The statistics below demonstrate, that every dollar, invested in gun control measures, has very little potential to impact mortality.

Indeed, only 0.5 persons per 100,000 died as a result of assault with firearm. That is lower, than accidental drowning (0.7), 9 times lower than poisoning (4.5), 14 times lower than traffic accidents (7.1), 21 times lower than falls (10.7), 31 times lower than pneumonia (15.7), 420 times lower, than cancer (over 210) and 410 times lower than heart diseases (over 202).

Suicide with firearms (1.6) was only about $\frac{1}{6}$ of total suicides (10).

All those numbers prove, that investing in gun control has on average at least 100 times less potential to save lives, than in food inspection, driving instruction, helmets, life jackets, buoys, life guards and swimming lessons, medical research, doctor training and hospital beds.

The table below is a damning conviction for the agenda-driven gun control politics, paid for by hostile foreign entities and misguided domestic hoplophobes.

Table E.1: Mortality, Summary List of Causes (per 100,000)

Cause	Both sexes	Males	Females
Total, all causes of death	706.8	719.3	694.6
Malignant neoplasms	210.9	223.9	198
Major cardiovascular diseases	202.6	204.2	201.1
Diseases of heart	146.1	155.1	137.2
Ischaemic heart diseases	106.4	119.9	93.2
All other diseases (residual)	81.1	67.5	94.4
Other forms of chronic ischaemic heart disease	58.4	65.3	51.6
Malignant neoplasms of trachea, bronchus and lung	56.7	63.2	50.2
All other forms of chronic ischaemic heart disease	53.5	59.2	47.9
Acute myocardial infarction	44.8	51.2	38.5
Cerebrovascular diseases	41.8	34.8	48.7
Other heart diseases	35.8	32.4	39.3
Chronic lower respiratory diseases	32.2	33	31.4
Accidents (unintentional injuries)	30.4	36.1	24.7
Other chronic lower respiratory diseases	29.3	30.1	28.5
All other and unspecified malignant neoplasms	25.8	26.6	25.1
Malignant neoplasms of colon, rectum and anus	23.2	25.1	21.2
Continued on next page...			

Table E.1: – continued from previous page

Cause	Both sexes	Males	Females
All other forms of heart disease	22.8	21.5	24
Nontransport accidents	22.4	24.4	20.4
Malignant neoplasm of prostate	22.4	22.4	
Diabetes mellitus	20.5	21.6	19.5
Malignant neoplasms of lymphoid, haematopoietic and related tissue	19.4	21.7	17.2
Alzheimer's disease	18.6	11.6	25.6
Influenza and pneumonia	17.3	16.1	18.4
Pneumonia	15.7	14.7	16.7
Malignant neoplasm of breast	14.8	0.3	29.1
Heart failure	12.5	10.2	14.7
Malignant neoplasm of pancreas	11.8	11.9	11.7
Intentional self-harm (suicide)	11.5	17.9	5.3
Nephritis, nephrotic syndrome and nephrosis	10.7	10.6	10.8
Falls	10.7	10.4	10.9
Renal failure	10.2	10.1	10.3
Intentional self-harm (suicide) by other and unspecified means and their sequelae	10	14.8	5.2
Malignant neoplasm of ovary	9.4	9.4	
Other diseases of respiratory system	8.1	8.9	7.4
Transport accidents	8	11.7	4.3
Chronic liver disease and cirrhosis	8	10.5	5.5
Non-Hodgkin's lymphoma	7.7	8.5	6.9
Other diseases of circulatory system	7.6	8.7	6.5
Leukaemia	7.3	8.3	6.3
Motor vehicle accidents	7.1	10.3	4.1
Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified	6.6	6.2	7
Septicaemia	6.6	6.1	7
Malignant neoplasm of liver and intrahepatic bile ducts	5.8	7.5	4.1
Other and unspecified nontransport accidents and their sequelae	5.8	5.8	5.8
Malignant neoplasm of bladder	5.7	8	3.4
Malignant neoplasm of stomach	5.7	7	4.3
Parkinson's disease	5.6	6.7	4.6
Malignant neoplasms of meninges, brain and other parts of central nervous system	5.5	6.6	4.5
Pneumonitis due to solids and liquids	5.1	5.4	4.8
Malignant neoplasms of corpus uteri and uterus, part unspecified	5.1	5.1	
Malignant neoplasm of oesophagus	5	7.6	2.5
Atherosclerotic cardiovascular disease, so described	4.9	6.1	3.7
Essential hypertension and hypertensive renal disease	4.7	3.5	5.9
Continued on next page...			

Table E.1: – continued from previous page

Cause	Both sexes	Males	Females
Aortic aneurysm and dissection	4.6	5.9	3.4
Malignant neoplasms of kidney and renal pelvis	4.6	5.8	3.4
Accidental poisoning and exposure to noxious substances	4.5	6.1	2.9
Alcoholic liver disease	4.3	6.3	2.4
In situ neoplasms, benign neoplasms and neoplasms of uncertain or unknown behaviour	4.3	4.4	4.2
Certain other intestinal infections	4.1	3.4	4.8
Multiple myeloma and immunoproliferative neoplasms	4	4.4	3.6
Other chronic liver disease and cirrhosis	3.7	4.2	3.1
Malignant neoplasms of lip, oral cavity and pharynx	3.2	4.3	2
Other acute ischaemic heart diseases	3.2	3.4	3.1
Certain conditions originating in the perinatal period	3.2	3.4	3
Malignant melanoma of skin	3	3.8	2.3
Other diseases of arteries, arterioles and capillaries	3	2.8	3.2
Congenital malformations, deformations and chromosomal abnormalities	2.7	2.8	2.5
Atherosclerosis	2.4	2	2.8
Hypertensive heart disease	2.2	1.8	2.7
Malignant neoplasm of cervix uteri	2.2	2.2	
Events of undetermined intent	2	2.5	1.5
Other and unspecified events of undetermined intent and their sequelae	2	2.5	1.5
Emphysema	1.8	2.1	1.6
Assault (homicide)	1.7	2.6	0.8
Intentional self-harm (suicide) by discharge of firearms	1.6	3.1	0.1
Other and unspecified infectious and parasitic diseases and their sequelae	1.6	1.6	1.6
Anaemias	1.6	1.4	1.7
Influenza	1.6	1.4	1.7
Malignant neoplasm of larynx	1.3	2.2	0.4
Viral hepatitis	1.3	1.8	0.9
Assault (homicide) by other and unspecified means and their sequelae	1.2	1.7	0.7
Peptic ulcer	1.2	1.3	1.2
Cholelithiasis and other disorders of gallbladder	1.2	1.1	1.3
Acute rheumatic fever and chronic rheumatic heart diseases	1.2	0.8	1.6
Human immunodeficiency virus [HIV] disease	1.1	1.7	0.4
Other disorders of circulatory system	1.1	1.1	1.1
Hernia	0.9	0.9	1
Accidental drowning and submersion	0.7	1.2	0.3
Continued on next page...			

Table E.1: – continued from previous page

Cause	Both sexes	Males	Females
Water, air and space, and other and unspecified transport accidents and their sequelae	0.7	1.1	0.2
Accidental exposure to smoke, fire and flames	0.7	0.8	0.5
Nutritional deficiencies	0.7	0.5	0.8
Asthma	0.7	0.4	0.9
Complications of medical and surgical care	0.6	0.6	0.7
Assault (homicide) by discharge of firearms	0.5	0.9	0.2
Hyperplasia of prostate	0.5	0.5	
Malnutrition	0.5	0.4	0.7
Chronic glomerulonephritis, nephritis and nephropathy not specified as acute or chronic, and renal sclerosis unspecified	0.4	0.5	0.4
Hodgkin's disease	0.4	0.4	0.3
Hypertensive heart and renal disease	0.4	0.3	0.5
Bronchitis, chronic and unspecified	0.4	0.3	0.4
Acute and subacute endocarditis	0.3	0.4	0.2
Infections of kidney	0.3	0.2	0.4
Diseases of pericardium and acute myocarditis	0.3	0.2	0.3
Pneumoconioses and chemical effects	0.2	0.4	0.1
Other land transport accidents	0.2	0.3	0.1
Other acute lower respiratory infections	0.2	0.2	0.3
Meningitis	0.2	0.2	0.2
Diseases of appendix	0.2	0.2	0.2
Tuberculosis	0.2	0.2	0.1
Acute bronchitis and bronchiolitis	0.2	0.1	0.2
Pregnancy, childbirth and the puerperium	0.2	0.2	
Other complications of pregnancy, childbirth and the puerperium	0.2	0.2	
Respiratory tuberculosis	0.1	0.2	0.1
Other nutritional deficiencies	0.1	0.1	0.1
Other and unspecified malignant neoplasms of lymphoid, haematopoietic and related tissue	0.1	0.1	0
Legal intervention	0.1	0.1	0
Unspecified acute lower respiratory infection	0.1	0	0.1
Inflammatory diseases of female pelvic organs	0.1	0.1	
Other tuberculosis	0	0.1	0
Accidental discharge of firearms	0	0.1	0
Discharge of firearms, undetermined intent	0	0.1	0